WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

JANUARY/FEBRUARY 2017

Red Grapefruit Salad with Avocado & Pistachios

Winter Soups Hearty Stews

HIT REFRESH NOW

HOW TO MAKE THIS YOUR HEALTHIEST YEAR, *EVER!*

THE INSIDE STORY OF Cage-Free Eggs

400-CAL DINNERS TOTALLY SATISFIED

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THE SEASON'S ON & WE'VE GOT THE RECIPES

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THIS PAGE: LEAH NASH; ON THE COVER (RECIPE, PAGE 73): PENNY DE LOS SANTOS; STYLING: NORA SINGLEY (FOOD); PAM MORRIS (PROPS)

BLUE Freedom Grain-Free Grillers.

Made with the finest natural ingredients including hearty chunks of real beef, chicken, lamb or turkey, BLUE Freedom® Grain-Free Grillers let your dog enjoy a nutritious, mouthwatering dinner without the grains that contain gluten.

editor's letter

Effort Comes in All Sizes

Effortlessly slender. Was there ever a more delightful combination of words? If that were me, I'd chow down on Ruffles and French onion dip every night. I'd polish off big juicy cheeseburgers. Time for the gym... forget it. Sleep sounds better on a January morning. But I don't believe there's such a thing as effortlessly slender.

An early draft of a story we considered for our "Hit Your Refresh Button" section, which starts on page 55, mentioned a study that examined a group of women described as "effortlessly slender." That irked me. I took out my pink editing pen, slashed out the words and huffed over to talk to Brierley Wright, our nutrition editor.

She explained that what the researcher meant was that these women maintained a healthy weight without dieting. But was it really effortless? My guess is they were making (mostly) smart choices throughout the day... every day... that added up to being slender. Those daily choices may be small, but they're not always easy. They can, however, absolutely make the difference over the long haul.

How do I know this? Focus group of one: me. My weight has remained in the healthy range, according to BMI (body mass index), my whole life, without dieting. Mind you, I'm not skinny, never have been. Maybe slender. Relatively fit. But it's not by chance. I meant what I said about the Ruffles. I love them. So if I'm around chips, I have just a couple handfuls. What I do eat a ton of are things like fresh vegetables, fruit, yogurt, beans, plus healthy portions of meat, fish, grains, cheese, nuts. And at my health club, I'm enough of a fixture that I qualify as a gym rat.

So if my theory is right, you're probably making an effort too. Some of you may be trying to maintain. Others may be trying to drop pounds. And to be clear, I realize that the effort to lose weight rather than maintain is in a different league. (See the transformation stories on page 6 for proof.) Whatever your situation, this issue is meant to offer a helping hand to keep your health journey on track.

To start, try the satisfying dinners that are just 400 calories apiece, on page 62. Maybe you just want to eat more home-cooked meals. Try making a big batch of one of the soups that start on page 76. You saw the cover, right? We're bringing the grapefruit diet back. OK, not really, but we do have a story about the first grapefruit farmer in Texas to go organic, plus delicious recipes to go with it. Want a simple idea for tweaking your daily life that will boost your health? Turn to page 56. And on page 59, read about why, at any size, it's important to love your body. After all, if you ask me, none of us is ever going to be *effortlessly* slender. So instead, let's work on being our healthiest, best selves we can be right now.

JESSIE PRICE
EDITOR@EATINGWELL.COM

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CARY HOVLAND

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BLUE BUFFALO HOME 4 THE HOLIDAYS

chatter

Gluten-free mom blogger @healthygffamily tried—and loved—our Sriracha Buffalo Cauliflower Bites (recipe on *EatingWell.com*)

Share your *EatingWell* mag cooking success!

#EATINGWELLMAGAZINE tag @EATINGWELL

Correction: *Chef Naomi Pomeroy's Orange-Caraway Glazed Carrots recipe (Nov/Dec 2016, p.90) was excerpted from her book* Taste & Technique: Recipes to Elevate Your Home Cooking *(Ten Speed Press, 2016).*

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THE DECLINE [IN POUNDS] OF U.S. YEARLY GRAPEFRUIT CONSUMPTION PER CAPITA, 1976 TO 2014

SOURCE: USDA

THE BIG QUESTION

What's your go-to healthy Super Bowl dish?

"Nachos covered with veggies—black beans, chopped bell peppers, onion, shredded carrots or zucchini, corn—then really sharp Cheddar cheese. After baking, I top them with tomatoes or salsa, avocado or guacamole, and fresh cilantro." *Jenna Braddock, R.D.N.*

"Twice-baked sweet potatoes, topped with chives & feta cheese."
@rkosully

"Baked turkey wings. I kill it."
Andy Markloff

"Kale Caesar salad with toasted croutons (with bread from the farmers' market) and baked wings."
Hayley Ross Cimler

"Dates wrapped in bacon."
Natalia Londono

"I smoke a whole chicken in my Big Green Egg that we pull it to make sandwiches." **—Todd Bierle, Meredith Consumer Marketing Director**

"Chili is my Super Bowl favorite—see my recipes on *eatingwell.com*!" **—Robb Walsh, author of "Texas Reds Go Green," *p.68***

THE NEXT BIG QUESTION

What dish would you travel for—and where would you go to get it?

Email us at editor@eatingwell or use #EatingWellBigQuestion on Twitter.

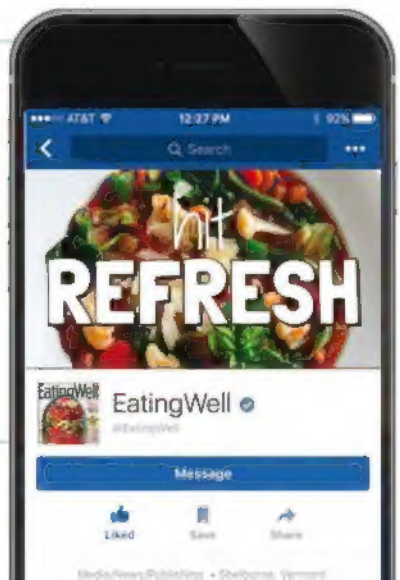
HIT REFRESH NOW >

It's a new year. Time to hit refresh and kick-start your healthy goals. Are you up for the challenge? Follow our plan in January at *eatingwell.com/webextra*

EAT BETTER!
4 weeks of healthy and delicious recipes & meal plans.

LOSE WEIGHT!
Tips to nourish your body, kick your sugar habit and ♥ veggies.

GET MOVING!
Fun workouts to fit your life from our sister magazine *Shape*.



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chatter

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#AllFarmersMatter, but right now women who farm—and are proud of it—are a growing trend on Instagram. Just search #ILookLikeAFarmer (2K posts), #WomenWhoFarm (11K) and #farmher (28K). We especially dig @WomenWhoFarm, from Canadian first-generation farmer Katie Massy (*right*). Her Instagram is chock-full of amazing stories sent in by ultra-cool lady farmers around the globe. "I was in the field thinking about how farming has made me stronger physically, mentally," she says. "I can fix machines, chop wood, rely on myself. I feel so much more empowered as a woman, and I realized there must be other women out there who have the same story." Katie posted a call on social media for those stories and got a deluge. Now she's working on a book to share them and will launch a website, *womenwhofarm.com*, in January. "There's this narrative happening around the world: as women are connecting to the land, they're deeply empowered." —*Lucy M. Casale*

TRANSFORMATIONS Get Inspired! 3 Amazing Weight-Loss Stories

Sarah Allen, 28

HER STORY Dress shopping brought Sarah face-to-face with her weight. Nine months before her wedding, in September 2014, Sarah stared at her reflection in a store mirror: "I didn't know who that person was." So, she found a registered dietitian. Eight and a half months later, she'd shed 51 pounds from her 5'5" frame. "They cut 10 inches out of my wedding dress!"

HOW SHE DID IT Meal planning and portion control. At her desk job in Atlanta, GA, Sarah used to snack on protein bars. Then after work she liked to order appetizers and drinks with friends. "It added up." Now, she eats three small meals and three snacks (mostly fruit) each day. On Sundays she plans her week's portioned meals, focusing on veggies, fruits and lean proteins. "It's time-consuming, but it's an investment in myself."

ON UNPLANNED MEALS "I always ask myself, 'Is it worth it?' Sometimes it is. If I have a night out I'll get dessert or a glass of wine. But I can't let that happen every night."

TRANSFORM-YOUR-LIFE ADVICE "Take it one meal at a time. When you look and feel great, it shows in everything you do. No cheesecake or doughnut can do that."

Todd Lingo, 45

HIS STORY Todd raked through his entire closet one night in March 2012. Nothing fit. "I was so upset I started to cry, wondering 'What did I do to myself?'" Todd determined to change. Over the next 14 months, the Coventry, RI, resident lost 103 pounds. "I went from XXL to M."

HOW HE DID IT Revamping his diet and exercise habits. An avid soda drinker and fast-food fan, Todd gave up both cold turkey. He fought cravings for weeks: "It was a huge challenge." Today, he cooks at home and looks to *EatingWell* for meal ideas. Todd also started walking, then graduated to running on a local bike path. Now he goes to a gym five days per week.

FAVORITE EATINGWELL RECIPES Spaghetti Squash Lasagna with Broccolini; Chicken Breasts Stuffed with Pimiento Cheese.

TRANSFORM-YOUR-LIFE ADVICE "I hear a lot of people say, 'It's so expensive to eat healthy.' It costs $5 to $8 for one meal at a drive-thru, but you can cook so many more healthy options for $8. The possibilities are endless!"

Lorraine Papazian-Boyce, 61

HER STORY At 301 pounds, 5'7" Lorraine could barely walk up her driveway. "I knew I had to make changes, but was struggling to do so." When a personal trainer opened for business in her small town of Belfair, WA, Lorraine signed up for a session. Two and a half years later, she'd dropped 147 pounds. "I can run a 5K and am in the best shape of my life!"

HOW SHE DID IT Working with a personal trainer helped keep her focused. "I did things I could not—and would not—have done on my own." At first, Lorraine went to training sessions twice a week and walked every other day. Now she trains once a week and takes fitness classes twice weekly. She also shoots for at least 10,000 daily steps with a Fitbit.

WHAT KEEPS HER MOTIVATED "My husband and I like to travel. Now when we go on trips I don't worry 'Oh, I can't go too far.' I can go out and walk wherever we want."

TRANSFORM-YOUR-LIFE ADVICE "Don't wait until you feel motivated to buy proper food or go to the gym. Just do it. Have a plan. Follow it." —*L.M.C.*

READ MORE at eatingwell.com/webextra

COURTESY KATIE MASSY; COURTESY SARAH ALLEN; COURTESY TODD LINGO; COURTESY LORRAINE PAPAZIAN-BOYCE

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HEART THROB FOODS

Give your heart some love this February for National Heart Health Month by eating more magnesium-rich foods. Too little of this necessary nutrient could raise your risk of dying from heart disease, says new research in the *Journal of the American Heart Association*. Unfortunately, most Americans fail to hit the target magnesium intakes (310–420 mg per day for adults, depending on age and gender). The study didn't explain *how* magnesium may protect your heart, but other research suggests that this mineral may help lower blood pressure. Start your day with a magnesium-packed breakfast of 1 cup cooked oatmeal topped with ¼ cup sliced almonds and 1 medium banana for 150 mg of magnesium. Or get your fix with pumpkin seeds (156 mg per ounce), cooked spinach (157 mg per cup) or low-fat yogurt (42 mg per cup) *—Natalie Rizzo, M.S., R.D.*

DYLAN GRIFFIN STYLING: BRIANA LAI FOOD: JOANNE PALMISANO PROPS

From Passion to Profit

How Food Incubators Cook Up Success

Savory sauerkraut flavored with Old Bay seasoning, kimchi with just the right amount of heat and beet-cabbage kraut that balances the fermented tang with earthy sweetness. These are just a few of the delights Rachel Armistead and her husband, Luke Flessner, dream up on their family farm in Maryland. In 2012, the hobby fermenters knew they had something special when friends offered to pay for their products, so they took the leap into entrepreneurship to make Sweet Farm Sauerkraut a serious venture. Five years later, it's a full-fledged small business with six employees and shelf space at 35 nearby stores. About half of small businesses fail in the first five years, so how did they succeed? In 2014, they joined the Washington, D.C.–based food incubator Union Kitchen.

About half of small businesses fail in the first five years.

Food incubators provide resources, such as business counseling or commercial kitchen space, to small businesses. These costs are built into the membership fee, but since the resources are shared with other companies, joining an incubator is less expensive than trying to go it alone.

Startups often struggle with a lack of distribution infrastructure and Sweet Farm Sauerkraut was no exception. Armistead made and sold products, but delivering them was the most time-intensive part of the business. "It felt like I spent most of my time in the car," she says. Offering a distribution network, Union Kitchen proved to be the solution Sweet Farm needed. Union Kitchen stores hundreds of their sauerkrauts in its warehouse, trucks them to stores and handles invoicing and payments. This has given the couple time to double production and increase the product line from their original four flavors (classic, beet, curry and curtido) to eight-plus varieties depending on the season. All told, this gave Sweet Farm Sauerkraut a 35 percent revenue increase in just 2½ years. To find their products or order online, check out *thesweetfarm.com*. —*Jennifer Walker*

Business Boosts

Over 200 food incubators in the U.S. help small food businesses grow. Here are three with unique perks:

Kitchener Oakland
Oakland, CA
More than just a commercial kitchen to make food, this incubator is opening a snack bar. From the two takeout windows of Kitchener Snack Bar (opening early this year), the 20 members will have a rare and less expensive opportunity to get their products to the public often.

Plant Chicago
Chicago, IL
All 15 food businesses at this 93,500-square-foot facility share the goal of reducing food waste. For example, Whiner Beer Co.'s spent grains fuel an anaerobic digester that powers the building. These grains have also served as a growing medium for an on-site mushroom farm.

The Cookery
Durham, NC
This incubator has built-in opportunity for its food-truck and catering companies: a 2,500-square-foot venue called the Front Room. Several incubator alumni have been selected for the venue's preferred-caterer list and serve up their fare at events regularly.

Trend in Tins: Coconut Aminos

For a tasty change of pace from soy sauce, try coconut aminos, a salty-sweet condiment with a buttery finish. The sauce is made from fermented "sap" (actually coconut-blossom nectar) blended with sea salt. It has 73 percent less sodium than soy sauce and, for people with allergies or food sensitivities, it's a soy- and gluten-free way to add a hit of umami to dishes. But be skeptical of health claims—while the sap has vitamins and amino acids, each serving has relatively small amounts of these nutrients. Unlike soy sauce, the flavor of coconut aminos is slightly sweet (think: thinner teriyaki sauce), making it a natural to incorporate into salad dressings, dipping sauces and tofu or steak marinades. —*Ashlea Miller*

TOP: KATE WARREN; BOTTOM: ©BARBARA/ADOBESTOCK

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The Cure for Office-Chair-itis

YES! YOU CAN OFFSET YOUR SITTING HABIT **BY LINDSAY WESTLEY**

You've seen the headline: "Sitting is the new smoking." Study after study had linked excessive chair time with earlier death—*regardless of exercise.* But new research from the University of Cambridge changes the story.

Reviewing 16 studies spanning 13 years and compiling data from over 1 million people, the researchers found that one hour of moderate-intensity exercise a day (such as brisk walking or casual biking) can eliminate the negative effects of sitting for more than eight hours a day. This is the first systematic review of the topic. The researchers say that, individually, the studies may have been too narrow to capture the impact of exercise, but collectively the benefit comes through.

Can't commit to a solid hour at the gym? Split it up into segments as short as 10 minutes. Sneak more movement into your day by taking the stairs instead of the elevator, running errands on foot or biking to work.

STEP UP!
Swiss researchers found that people who used stairs instead of elevators for 12 weeks lost half an inch around their waists.

Why does my cat eat weird things?

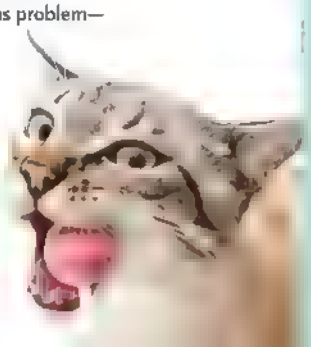
Cats are pretty savvy about knowing what they should—and shouldn't—eat, so pay attention when your feline starts snacking on stuff that isn't food. Sometimes it signals a bigger issue. *By Deborah Linder, DVM, DACVN, Tufts Cummings School of Veterinary Medicine*

Medical problems: Bring your cat in for a vet check if you notice sudden changes in appetite. For example, an increase in appetite may be a sign of hyperthyroidism in older cats. And eating litter may be a sign of anemia.

Behavioral condition: Cats can have compulsive disorders, where they eat things other than their food or groom obsessively, which causes skin problems. In these cases, seek out a board-certified veterinary behaviorist.

Genetics: Siamese or Birman purebreds are more likely than mixed-breed cats to suck and chew on wool. This can be a serious problem—eating strings could tangle your cat's intestines.

Boredom: Indoor cats may eat odd things for entertainment, such as shoelaces, ribbons and tinsel. Offering puzzle toys, games and playtime can help



We separate treasures from trash or haul an extra bin to the curb without much complaining, but cleaning the used packaging? Well, that's a bigger obstacle, according to a new national survey on recycling. Some respondents even said they'd want to be paid 50 cents per recyclable to make cleaning worthwhile.

But food-soiled cans, bottles and cartons can cause problems in the bin and at the plant, says Darby Hoover, a recycling expert with the Natural Resources Defense Council. Food residue can contaminate paper products, rendering them unrecyclable or lowering their value, and may attract pests to your receptacle. And stuck-on goop can make plastic appear more opaque, confusing the optical scanners that auto-sort them by type. Simplify the cleaning process with these hacks.

Outsource to Spot. Your pooch will gladly lick an empty peanut butter jar clean for you. (Two safety caveats: This only works for plastic jars, as glass can break. And check the ingredient label for xylitol, an artificial sweetener that's toxic to dogs.)

Use fruit as a scraper. Swipe the sides of your yogurt carton with a slice of apple or a bite of banana to get out what your spoon missed.

Capitalize on condiments. Use the dregs of your Dijon to make a tangy-sweet mustard-jar vinaigrette. Pour in one part vinegar or lemon juice, two parts olive oil, a touch of honey, salt and pepper; cover and shake. *—Cindy Kuzma*

TOP: UWE UMSTATTER WESTEND61/OFFSET BOTTOM: FOTOSTOCKER/SHUTTERSTOCK. ILLUSTRATION: GARY HOVLAND

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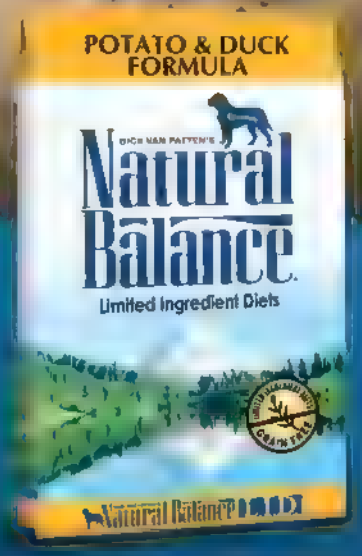

Carb: Not a Four-Letter Word

MEET RESISTANT STARCH—THE CARB THAT MAY HELP KEEP YOU TRIM. BY MICAELA YOUNG

Repeat after us: not all carbs are bad. Resistant starch is one of the good guys. It's a type of carbohydrate found in bananas (resistant starch is even higher in green bananas), potatoes and whole-wheat pasta. Unlike simple carbs, like white bread, that break down into sugars in the small intestine, resistant starch "resists" digestion, staying intact until arriving at the large intestine. There, bacteria use it as fuel, releasing beneficial compounds (specifically, short-chain fatty acids) that may improve your gut microbiome and help keep you slim.

In a small study published in *Nutrition & Metabolism*, adults who ate 5 grams of resistant starch at breakfast boosted fat burning for the rest of the day. In larger doses, resistant starch may help us feel fuller longer and curb weight gain. Plus, since resistant starch isn't digested, it does not contribute calories to the foods it's in.

While researchers use both natural and man-made resistant starch (which is commonly used in the large-dose studies), the form doesn't matter, says Guy Crosby, Ph.D., resistant-starch researcher and adjunct professor at Harvard's T.H. Chan School of Public Health. "The bacteria don't care as long as the non-digestible starch reaches the gut where they can convert it to short-chain fatty acids." He recommends aiming for about 10 grams of resistant starch per day. Most of us only get about 5.

RESISTANT STARCH ALSO GIVES YOUR GOOD GUT BACTERIA A BOOST

As a general rule, starchy foods have more resistant starch when they're raw. Cooking breaks up the structure of starch, meaning it'll get digested before it reaches your large intestine. But letting cooked carbs cool gives starch a chance to return to its hardened state. For instance, a boiled potato has 1.3 grams of resistant starch, but studies show that cooked and cooled potatoes (like you'd find in a potato salad) can have 20 percent more.

A small, ripe banana has 4 g of resistant starch and green bananas have up to 80 percent more. Other sources include cooked pearled barley (4 g per cup, hot), pinto beans (3.6 g per cup, hot or cold), black beans (2 g per cup, hot or cold), pumpernickel bread (1 g per slice).

"Do I need a multi when I'm trying to lose weight?"

One in three Americans (approximately) will pledge to lose weight this year. Dieting or not, over 40 percent of Americans don't get their recommended amounts of calcium, magnesium and vitamins A, C, D and E. That's quite a deficit. Research suggests overweight people are more likely to be nutritionally deficient. Then there's this: the deficit may be worse if you follow a strict diet or eliminate whole food groups to slim down.

Studies show that low-carb diets (under 50 g carbs a day, or about 4 slices of whole-wheat bread) left dieters lacking in vitamins C and B_6, iron and, not surprisingly, fiber.

Dieters who cut back on fat to under 10 percent of calories also fell short on vitamin E.

Following a paleo diet left a small group of women below their iodine, iron and calcium recommendations, per a study in *Nutrients*.

But not all losers lose out nutritionally. Studies show dieters who follow wholesome patterns to lose weight—like plant-based or Mediterranean diets—are less likely to fall behind on zinc, iodine, folic acid, thiamine, magnesium and vitamins A and C. In fact: in one large-scale study, women who took a multivitamin on top of eating healthfully were more likely to get an unhealthy level of folic acid and vitamins A, B_6 and C.

BOTTOM LINE: If dropping a few lbs is your 2017 resolution, an unintended consequence may be missing out on nutrients. Follow a well-rounded diet and you're likely OK. Choose a more restrictive diet and you may want a little nutrition insurance in the form of a multivitamin.

BRIERLEY WRIGHT, M.S., R.D.
NUTRITION EDITOR / @BRIERLEYWRIGHT

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GET GOOD CARBS Find delicious recipes with resistant starch at eatingwell.com/webextra

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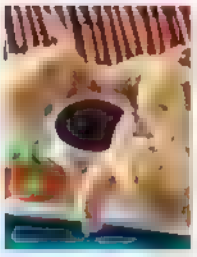


ROYAL BASMATI WRAPPED PRAWNS

with spicy ginger hibiscus sauce

INGREDIENTS

- ½ cup all-purpose flour
- ½ tsp salt
- ½ tsp pepper
- 1 tbsp fenugreek leaves
- 1 tbsp fresh ginger garlic paste
- 2 large eggs, beaten
- ¾ cup Panko bread crumbs
- 1 cup cooked **Royal Basmati Rice***
- 1 pound raw large shrimp, peeled and deveined with tails attached
- Vegetable or coconut oil

METHOD

1. Start with 3 medium bowls. Combine flour salt and pepper in one. Beat the eggs with salt, pepper and ginger garlic paste in the second bowl. Combine Panko, fenugreek and **Royal Basmati Rice** in the third bowl.
2. Dip the shrimp into the flour, then the eggs and then dredge the shrimp into the Royal Basmati mix, pressing gently to adhere.
3. Heat the oil and fry the Royal Basmati shrimp in batches until golden brown.
4. Serve with Ginger Hibiscus dipping sauce.

GINGER HIBISCUS SAUCE

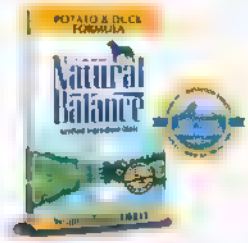
INGREDIENTS

- 1 jar (250g) Wild Hibiscus Flowers in Syrup
- 1 tbsp fresh ginger, fine y minced or grated
- ½ to 1 tsp hot sauce
- Salt, to taste

METHOD

1. Drain hibiscus flowers, reserving syrup in a small bowl.
2. To make the dipping sauce, mix ginger and hot sauce into the reserved syrup.

Cooking Instructions for **Royal Basmati Rice:*
Ingredients: 1 cup of Royal Rice, 1¼ cups water
1 tbsp oil and pinch of salt
Method: Rinse measured rice 1 to 2 times to remove extra starch, then drain. Place drained rice into saucepan and add measured water, oil and salt. Place saucepan uncovered over high heat and bring to boil, stirring occasionally. Let water reduce slightly below the rice level and then lower the heat. Place a tight lid on the saucepan and simmer for 20 minutes.



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The Big Picture on "Healthy"

AFTER A BIT OF "KIND" NUDGING (VIA A CITIZENS' PETITION FILED A YEAR AGO BY KIND SNACKS), THE FDA IS REDEFINING THE CRITERIA FOODS MUST MEET TO USE "HEALTHY" ON A LABEL, AND IS SEEKING SUGGESTIONS. HERE ARE MINE. **BY DAVID KATZ**

1 Healthy food promotes health. "Health" is notoriously challenging to define because being healthy manifests itself in different ways—from how one feels to mood and mental health to disease risk factors detectable only with a blood test. But here's my assertion: health is a state of general vitality combined with a good probability of longevity. This includes a low risk for chronic diseases (e.g., heart disease, diabetes, cancer) and low likelihood of risk factors (e.g., high blood pressure, obesity) for disease. Healthy foods should increase our vitality and longevity and decrease our chance of chronic diseases. Foods that do the converse are necessarily "unhealthy."

2 Healthy is contextual. To promote health, food has to deliver nutrients we need and avoid or minimize those we don't, either because they are intrinsically bad for us (e.g., trans fat) or we get too much already (e.g., sodium). Nutrient needs, however, vary with circumstance. In the U.S. we generally get too many calories and plenty of protein, but fall short on many nutrients we'd get if we ate enough vegetables and fruits. In South Sudan, however, there's famine and children are prone to protein malnutrition (called kwashiorkor), therefore, any concentrated source of calories and protein is healthy. In the U.S., it is rather the contrary.

3 Healthy isn't lipstick on a pig. If ever there was an example of failing to learn from history, it is nutrition practice in America for the past 50 years. When we were advised to cut fat, we mostly added low-fat, sugary junk foods to our diets. Then we shifted our focus to avoiding carbohydrates and added junk like low-carb brownies made with trans fat. These days, there is a booming cottage industry in gluten-free junk food. And all the while, adding nutrients to foods has been used, like that proverbial lipstick on a pig, to mask a food's basic character. A breakfast cereal loaded with added sugar and salt does not become a healthy food, no matter what concentration of vitamins and minerals is tossed in. Nutrient fortification can make a good food better (e.g., vitamin D added to plain yogurt), but it cannot make a bad food good.

4 Healthy is holistic. The definition should consider all of a food's nutrient attributes; a "healthy" food must have a decisive preponderance of beneficial nutrients relative to nutritional liabilities. Many unprocessed foods qualify readily: vegetables, fruits, legumes, whole grains, nuts and seeds, as does plain water. And while some whole foods like nuts and avocados have lots of calories—not all that helpful in this age of epidemic obesity—the calories are justified both by the concentration of beneficial nutrients and the fact that these foods are satisfying. For processed foods, an actual ratio of beneficial to detrimental nutrients might be necessary. Such tools exist. I helped build one: NuVal (found at some leading grocery chains) scores the nutritional quality of foods from 1 to 100. Research shows that when people eat more foods that score higher, they lower their risk of heart disease, diabetes and mortality.

5 Even healthy needs a home. There can be no healthy people and no healthy food on a ravaged planet. Sustainability simply must figure in the definition. Minimally processed foods and foods emphasizing simple, plant-based ingredients tend to have lower carbon footprints and use much less water. For example, even if beef is healthy for our bodies, it's not for the planet: more water is used to produce beef than for almost any other food. The world can no longer afford to ignore such considerations in a modern definition of "healthy."

IN CONCLUSION: Unprocessed and minimally processed vegetables, fruits, legumes, nuts, seeds—and foods made just from these—and pure water automatically qualify. Unprocessed seafood, eggs, dairy, poultry and meat can qualify, but with caveats about dose. Processed foods should only qualify as "healthy" when their ingredients and nutrients offer net benefit. Healthy is holistic, sustainable and contextual!

DAVID KATZ, M.D., M.P.H., *is recognized globally for his expertise in nutrition, weight management and the prevention of chronic disease. He is an* EatingWell *advisor.*

VOICE YOUR OPINION! Tell the FDA what you think "healthy" should mean. The comment period is open until January 26, 2017. Details at eatingwell.com/webextra

ANDREW COLLINGE

Cold Killers to Stop the Sniffles...

...so you don't get sidelined this year. By Sally Kuzemchak, M.S., R.D.

The nose rubbed raw from tissues. The hacking cough that makes a decent night of sleep impossible. Want to avoid this like, well, the plague? These remedies may ward off the pesky bugs that cause colds—or at least get you back on your feet faster.

Cinnamon

Shake this versatile spice onto sweet and savory dishes. Researchers from Touro College in New York City found that cinnamon inactivates viruses by damaging their outer coating. Lead study author Milton Schiffenbauer, Ph.D., recommends getting 1 to 2 tablespoons a day to help block viruses that could trigger a cold or the flu.

Shiitake Mushrooms

Toss these mushrooms into your soups, stir-fries and casseroles to bolster your immunity, suggests a study published in the *Journal of the American College of Nutrition*. After adults ate 2 to 3 rehydrated dried shiitakes (equal to 5 to 10 fresh) every day for a month, their immune cells were stronger and quicker to react to potential invaders like viruses and bacteria.

Probiotics

Start a daily probiotic now for milder colds later, says a study in the *British Journal of Nutrition*. When college students took a probiotic supplement containing 1 billion colony-forming units each of *Lactobacillus* and *Bifidobacterium* every day for three months, they felt better up to two days earlier when they got a cold, and their colds were less severe than for those who popped a placebo. Look for a supplement that contains both strains. (Yogurt may also pack these bacteria, but it's tough to know how much you're getting.)

Find the recipe for this Asian-Inspired Chicken Soup at eatingwell.com/webextra

EAT SOUP TO GET WELL SOON

There's no cure for a cold but lab research suggests that slurping a bowl of chicken soup may block inflammation that triggers coughs. The one above has cinnamon and shiitakes for extra insurance.

ZINC LOZENGES SHORTEN A COLD

Zinc acetate lozenges (80 mg/day, researchers suggest) may shorten your cold by three days when taken at the first sniffle. Skip products with citric acid, which blocks zinc's effect.

HONEY CALMS A COUGH

Honey isn't as effective as cough syrup, but researchers say it may be better than nothing. Plus, it's safer than OTC meds for kids under 4. But skip it for kids under 1, as it can cause infant botulism.

DAIRY MAKES YOU MORE CONGESTED

Placebo-effect alert! Research shows that believing milk causes mucus may make it so—even when drinking soymilk. But another study found that milk drinkers with colds didn't have more congestion or cough.

Lather Up Proper hand-washing prevented up to 20% of respiratory infections and 30% of stomach bugs in a University of Michigan School of Public Health analysis. The catch: You have to scrub for at least 20 seconds to get rid of germs. Most people stop after 8!

KARLA CONRAD STYLING; KELSEY BOLAT FOOD; SUE MITCHELL (DISH); INSETS (3) ADOBESTOCK; IMAGEPARTY SEL; ALEXLMX; RF/TOSTOCK; SCIENCE PHOTO LIBRARY/GETTY; MACKON/ETSY

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mosh

Baby, It's Cold Outside!

Riff It! 3 Different Ways
Next page.

When the temperature plummets, it's easy to hide under a blanket and binge-watch your favorite show. But you still have to eat, right? That's where the quick recipes in this section come in handy. Start with these chili-smothered sweet potatoes—they're ready in just 30 minutes, so you can get back to Cozy Town faster. And they score extra points for being hearty enough for your Super Bowl party.

BLAINE MOATS, STYLING; SUE M. TCHEN, PROPS

Chili-Topped Sweet Potatoes

ACTIVE: 30 min **TOTAL:** 30 min
TO MAKE AHEAD: Refrigerate chili (Step 1) for up to 3 days or freeze for up to 3 months.

Top as you see fit—sliced scallions, chopped fresh cilantro, diced avocado and sliced jalapeños are all tasty choices. We've also given you three ways to reinvent the chili into other dinners. **(Photo: page 21.)**

- 1 pound lean ground beef
- ¾ cup finely chopped white onion
- ½ cup finely chopped red bell pepper
- 4 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 1 teaspoon ground coriander
- 1 14-ounce can diced tomatoes
- ¼ cup water
- 4 medium sweet potatoes
- ½ cup shredded cheese, such as Cheddar or pepper Jack

1. Cook beef, onion, bell pepper and garlic in a large skillet over medium-high heat, crumbling the beef with a spatula, until the meat is browned, 8 to 10 minutes. Stir in chili powder, cumin, oregano and coriander; cook, stirring, for 30 seconds. Add tomatoes (with their juice) and water and simmer for 5 minutes.

2. Meanwhile, prick sweet potatoes with a fork in several places. Microwave on High until tender all the way through, 12 to 15 minutes.

3. Serve the sweet potatoes topped with the chili and cheese.

SERVES 4: 1 cup chili & 1 sweet potato each

CAL 418 / **FAT** 18G (SAT 7G) / **CHOL** 88MG / **CARBS** 35G / **TOTAL SUGARS** 12G (ADDED 0G) / **PROTEIN** 31G / **FIBER** 9G / **SODIUM** 451MG / **POTASSIUM** 1,300MG

Make It: Meatless

Omit beef from the chili. Cook onion, bell pepper and garlic with 1 tablespoon oil in a large saucepan until tender. Stir in two 15-ounce cans rinsed low-sodium black beans along with the spices and tomatoes. Serve sprinkled with cheese.
Makes 4 servings.

Make It: Cincinnati-Style

Serve the chili with 8 ounces cooked whole-wheat spaghetti.
Makes 4 servings.

Make It: Nacho Night

Top 8 ounces tortilla chips with the chili and 2 cups shredded cheese. Bake at 350°F until melted.
Makes 8 servings.

BLAINE MOATS, STYLING; SUE HISS, FOOD STYLING; THEO FOUNTAIN

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Soy-Lime Baked Buffalo Wings

ACTIVE: 20 min **TOTAL:** 2 hrs (including 1 hr marinating time)
TO MAKE AHEAD: Marinate wings for up to 4 hours.

If your market sells its chicken wings whole, you'll want to separate each into a "wingette" and a "drumette" so they cook evenly. They're easy to split apart with a sharp knife.

- 1 cup lime juice
- ¼ cup reduced-sodium tamari
- 6 tablespoons hot sauce, preferably Frank's RedHot, divided
- 3 pounds chicken wings, separated if necessary
- 3 tablespoons water
- 1 teaspoon cornstarch

1. Combine lime juice, tamari and 3 tablespoons hot sauce in a large bowl. Add wings and stir to coat. Refrigerate for at least 1 hour and up to 4 hours, stirring occasionally.

2. Preheat oven to 450°F. Coat a large wire rack with cooking spray and set on a large rimmed baking sheet.

3. Remove the wings from the marinade and place on the prepared rack, meaty-side down. (Discard the marinade.)

4. Bake for 10 minutes. Turn the wings and continue baking until golden brown, about 10 minutes more. Leave the pan in the middle of the oven, turn the broiler to High and broil until deeply browned in spots, about 5 minutes.

5. Bring the remaining 3 tablespoons hot sauce to a boil in a small skillet. Whisk water and cornstarch in a small bowl; whisk into the boiling sauce and cook, whisking, for 1 minute.

6. Toss the hot wings with the sauce in a clean large bowl. Transfer to a serving platter.

SERVES 10: 3 wingettes/drumettes each

CAL 145 / **FAT** 10G (SAT 3G) / **CHOL** 82MG / **CARBS** 1G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 13G / **FIBER** 0G / **SODIUM** 272MG / **POTASSIUM** 152MG.

GAME ON Find more slimmed-down Super Bowl recipes at eatingwell.com/webextra

BLAINE MOATS; STYLING: SUE MITCHELL (PROPS); FOOD STYLING: SUE BOSS

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Salsa-Black Bean Burgers

ACTIVE: 20 min **TOTAL:** 30 min

TO MAKE AHEAD: Individually wrap cooked burgers and refrigerate for up to 5 days or freeze for up to 3 months. Microwave to reheat.

Salsa and some spice-cabinet staples give these meatless burgers plenty of flavor. We use crushed tortilla chips to bind them together, making them a great vehicle for using up those crumbs that inevitably fall to the bottom of the bag.

- ½ cup prepared salsa
- 2 15-ounce cans low-sodium black beans, rinsed
- 1 cup well-crushed tortilla chips
- ½ cup grated white onion
- 1 large egg, beaten
- 3 tablespoons mayonnaise
- 4 teaspoons chili powder
- 2 teaspoons ground cumin
- ¾ teaspoon salt
- 3 tablespoons avocado oil *or* canola oil, divided
- 8 whole-grain burger buns, toasted
- ½ cup prepared guacamole
- 8 tomato slices
- 1 cup sprouts
- ½ cup thinly sliced red onion

1. Place salsa in a fine-mesh sieve and stir a few times to drain excess liquid. Mash beans with a potato masher in a large bowl until no whole ones remain. Stir in the drained salsa, tortilla chips, grated onion, egg, mayonnaise, chili powder, cumin and salt. Let stand 10 minutes.

2. Form the bean mixture into 8 burgers about 3 inches wide (⅓ cup each).

3. Heat 1½ tablespoons oil in a large nonstick skillet over medium-high heat. Reduce heat to medium, add 4 burgers and cook until browned and heated through, 3 to 4 minutes per side. Repeat with the remaining oil and burgers. Serve the burgers on buns with guacamole, tomato slices, sprouts and red onion.

SERVES 8: 1 burger each

CAL 404 / **FAT** 18G (SAT 2G) / **CHOL** 25MG / **CARBS** 50G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 12G / **FIBER** 11G / **SODIUM** 689MG / **POTASSIUM** 584MG.

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ASR

Flank Steak Gyros with Quick Pickles

ACTIVE: 30 min **TOTAL:** 30 min

Not a pickling pro? No problem. You can get all the flavor and crunch in a fraction of the time by marinating thinly sliced vegetables in a hot vinegar mixture for a few minutes. Try them on burgers and other sandwiches too.

- 2 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon ground coriander
- ¾ teaspoon ground cumin
- ¾ teaspoon dried thyme
- 1 teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 pound flank steak, trimmed
- 1 large red onion, sliced
- 1 cup water
- ½ cup white vinegar
- 1 teaspoon sugar
- 3 cups thinly sliced vegetables, such as turnips, cucumber *and/or* radishes
- 4 6-inch whole-wheat pitas, warmed
- ½ cup prepared tzatziki

1. Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foi.

2. Combine 1 tablespoon oil, coriander, cumin, thyme, ½ teaspoon salt and ¼ teaspoon pepper in a small bowl. Brush both sides of steak with the seasoned oil. Place on the prepared baking sheet. Toss onion with the remaining 1 tablespoon oil and the remaining ¼ teaspoon pepper in a bowl and scatter around the steak.

3. Broil, turning the steak and stirring the onion halfway through, until an instant-read thermometer inserted in the thickest part of the steak registers 145°F and the onion is charred, 10 to 15 minutes.

4. Meanwhile, combine water, vinegar, sugar and the remaining ½ teaspoon salt in a medium saucepan. Bring to a boil. Add vegetables and cook for 1 minute. Remove from heat.

5. Slice the steak and drain the vegetables. Serve in pita bread with the charred onion and tzatziki.

SERVES 4: 1 gyro each (3 oz. steak, ½ cup vegetables, 2 Tbsp. tzatziki)

CAL 465 / **FAT** 18G (SAT 5G) / **CHOL** 75MG / **CARBS** 45G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 33G / **FIBER** 7G / **SODIUM** 751MG / **POTASSIUM** 722MG.

BUY IT

Save time and buy the Greek cucumber-yogurt sauce *tzatziki* instead of making it. Look for it near other prepared refrigerated dips like hummus and salsa.

FAKE IT

Typically gyro meat cooks on a rotisserie for hours. For this speedy version, flank steak is brushed with a seasoned oil and broiled.

BLAINE M ATS. STYLING: SUE HOSS (FOOD); SUE MITCHELL (PROPS); ILLUSTRATION: EMMA DIBBEN

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Shrimp Pad Thai Salad

ACTIVE: 40 min **TOTAL:** 40 min

Transform pad thai into a salad by swapping sliced cabbage "noodles" for the rice noodles—and save more than 100 calories. Look for sustainable shrimp certified by an independent agency, such as the Marine Stewardship Council. If you can't find it, wild shrimp from North America is likely to be sustainably caught.

- 3 tablespoons unrefined or roasted peanut oil *(see Tip, page 100)*, divided
- 4 large eggs, lightly beaten
- ¼ cup lime juice
- 1 tablespoon fish sauce
- 1 tablespoon ketchup
- 2 teaspoons brown sugar
- ¼ teaspoon crushed red pepper (optional)
- 8 cups thinly sliced napa cabbage (from 1 head)
- 16 peeled cooked shrimp (21-25 count), tails left on if desired
- 1 cup grated carrot
- ½ cup thinly sliced fresh mint *and/or* basil
- ½ cup roasted peanuts, coarsely chopped
- 2 scallions, sliced

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add eggs and cook, lifting the edges as they set to let uncooked egg run underneath. Flip and continue cooking until set, about 3 minutes. Transfer to a cutting board to cool.

2. Combine lime juice, fish sauce, ketchup, brown sugar and crushed red pepper (if using) in a small bowl. Whisk in the remaining 2 tablespoons oil. Place cabbage in a large bowl and toss with half the dressing.

3. Divide the cabbage among 4 plates. Slice the egg and arrange on top of the cabbage along with shrimp, carrot, mint and/or basil, peanuts and scallions. Drizzle with the remaining dressing.

SERVES 4: 2 cups salad & 4 shrimp each

CAL 403 / **FAT** 24G (SAT 5G) / **CHOL** 347MG / **CARBS** 16G / **TOTAL SUGARS** 6G (ADDED 3G) / **PROTEIN** 34G / **FIBER** 4G / **SODIUM** 533MG / **POTASSIUM** 781MG.

PLATING NOSH'S STYLING: SUE BOSS. FOOD: SUE MITCHELL. PROPS:

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refresh your memory

Learn about this preliminary research on pomegranate polyphenol antioxidants and memory and cognition.

POLY-PHE-NOLS: If the word doesn't ring a bell, it soon will. Researchers are beginning to examine the potential impact of pomegranate polyphenol antioxidants on various areas, including memory and cognition. So polyphenols are definitely something you'll want to remember.

Polyphenols are an antioxidant known to help combat unstable molecules that can cause damage to your body over time—called *free radicals*.

DRINKING POM IS A NO-BRAINER. A preliminary 2013 study at UCLA conducted on a small group of older adults with age-related memory complaints may link pomegranate polyphenol antioxidants to increased verbal memory performance and increased functional brain activity in fMRI testing. The study involved drinking just 8oz of pomegranate juice daily for four weeks.

These are early scientific findings on cognitive health and the impact of pomegranate juice on the human brain has not yet been adequately studied. Clinical research is needed to help establish causation and further studies on larger populations are needed to confirm the long-term effect of pomegranate juice on memory and cognition.

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For now, just remember that once everyone starts raving about polyphenols, you heard it here first.

Don't forget, POM is in the produce section of your store. And it's available through Amazon.

Pistachio-Crusted Chicken with Warm Barley Salad

ACTIVE: 30 min **TOTAL:** 30 min

Barley and pistachios give this hearty meal a double dose of nutty flavor. For an easy change-up, swap in your favorite grain.

- Olive oil or canola oil cooking spray
- 2 cups water plus 1 tablespoon, divided
- 1 cup quick barley
- 1 cup salted shelled pistachios, divided
- ½ cup whole-wheat panko breadcrumbs
- 1 teaspoon orange zest
- ½ teaspoon garlic powder
- 1 large egg white
- 2 8-ounce boneless, skinless chicken breasts, trimmed and cut in half crosswise
- ½ teaspoon salt, divided
- 2 tablespoons extra-virgin olive oil
- 1 cup cherry tomatoes, halved
- 1 tablespoon white-wine vinegar
- 1 cup chopped fresh parsley

1. Preheat oven to 450°F. Coat a wire rack with cooking spray and place on a foil-lined baking sheet.

2. Bring 2 cups water and barley to a boil in a small saucepan. Reduce heat, cover and simmer until tender, 10 to 12 minutes. Set aside.

3. Meanwhile, pulse ¾ cup pistachios, breadcrumbs, orange zest and garlic powder in a food processor until the pistachios are coarsely chopped. Transfer to a shallow dish. Whisk egg white and the remaining 1 tablespoon water in another shallow dish.

4. Place chicken between 2 pieces of plastic wrap. Pound with the smooth side of a meat mallet or heavy saucepan to an even ½-inch thickness. Sprinkle the chicken with ¼ teaspoon salt, coat with the egg mixture and dredge in the pistachio mixture, patting to adhere. Place on the prepared rack. Coat both sides of the chicken with cooking spray.

5. Bake the chicken until an instant-read thermometer inserted in the thickest part registers 165°F, about 15 minutes.

6. Heat oil in a large skillet over medium heat. Add tomatoes and vinegar. Cook until the tomatoes just start to collapse, about 1 minute. Remove from heat.

7. Drain the barley, if necessary, and stir into the tomatoes along with the remaining ¼ cup pistachios, ¼ teaspoon salt and parsley. Serve with the chicken.

SERVES 4: 1 cutlet & 1 cup salad each

CAL 565 **FAT** 27G (SAT 4G) **CHOL** 63MG / **CARBS** 47G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 36G / **FIBER** 9G / **SODIUM** 514MG / **POTASSIUM** 780MG.

BLAINE MATZ, STYLING: SUE HOSS (FOOD); SUE MITCHELL (PROPS); ILLUSTRATIONS: EMMA DIBBEN

Super-charged

Pistachios

These nuts are a good source of vitamin B_6—a micronutrient needed to break down the protein in the chicken.

Parsley

Want a brain boost? A compound in parsley called apigenin could keep the connections between brain cells firing strong, says new research.

Barley

This grain delivers insoluble fiber, which may help stimulate a gut hormone that improves the health of your GI lining.

STAY SUPER Get a 7-day superfood meal plan at eatingwell.com/webextra

Avocados 101

A little extra attention goes a long way. Learn the art of the avocado and enjoy this tasty treat year-round.

Pick the right one

Keep it fresh.

Saving some for later? Here are three quick ways to make it last.

Olive oil

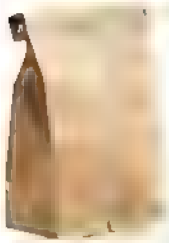
Lightly brushing olive oil onto the flesh of the fruit can help prevent oxidation – keeping your avocado halves delicious.

Lemon juice

Squeezing a little lemon juice onto the flesh of the avocado will keep it fresh longer.

Tight seal

Tightly cover the avocado half with clear plastic wrap. Press the wrap directly onto the flesh to limit the amount of surface area exposed to the air.



Speed it up.

Put the avocado in a paper bag with a banana or an apple to speed up the ripening process.

Take control.

Give your avocado the heat it needs to reach "just ripe."

Slow it down.

Refrigeration can slow down the ripening process. If the avocado hasn't been opened, it can chill out in the fridge for 2-3 days.

Find more avocado know-how, recipes and inspiration at **AvocadosFromMexico.com**

Avocados From Mexico

ALWAYS FRESH

Parsnip "Fries"

ACTIVE: 15 min **TOTAL:** 35 min

Dress these fries up with a side of mayo mixed with Sriracha or roasted garlic.

- 1½ pounds parsnips, peeled
- 2 tablespoons safflower or grapeseed oil
- 1½ teaspoons dried oregano, crushed
- 1½ teaspoons smoked paprika
- ¾ teaspoon onion powder
- ¼ teaspoon ground pepper
- ½ teaspoon salt

1. Position racks in upper and lower thirds of oven. Place 2 large rimmed baking sheets in the oven and preheat to 450°F

2. Cut parsnips into "fries" about 3 inches long and ½ inch thick (cut out the cores if necessary; *see page 100*). Toss the parsnips in a large bowl with oil, oregano, paprika and onion powder. Spread on the hot baking sheets in an even layer

3. Bake for 10 minutes. Stir the parsnips and rotate the baking sheets top to bottom Bake until browned around the edges, 10 to 15 minutes more. Season with salt and serve

SERVES 4: ¾ cup each

CAL 174 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 27G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 8G / **SODIUM** 306MG / **POTASSIUM** 573MG.

Balsamic & Parmesan Broccoli

ACTIVE: 15 min **TOTAL:** 15 min

The sloping sides of a wok give you a larger surface area to cook the broccoli on, so you get lots of nice golden bits.

- 2 tablespoons extra-virgin olive oil, divided
- 6 cups broccoli florets (about 12 ounces)
- 1 small shallot, sliced
- 1 tablespoon minced garlic
- 1 tablespoon white balsamic vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ⅓ cup finely shredded Parmesan cheese

Heat 1 tablespoon oil in a large flat-bottom carbon-steel wok over medium-high heat. Add broccoli and cook, stirring, until browned in spots, about 4 minutes. Reduce heat to medium. Push the broccoli to the sides and add the remaining 1 tablespoon oil, shallot, garlic, vinegar, salt and pepper; cook, stirring often, until the broccoli is tender, about 3 minutes more. Remove from heat and sprinkle with Parmesan. Cover and let stand until the cheese is melted, 1 to 2 minutes.

SERVES 4: 1 cup each

CAL 130 / **FAT** 9G (SAT 2G) / **CHOL** 5MG / **CARBS** 8G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 3G / **SODIUM** 289MG / **POTASSIUM** 376MG.

FAST VEGGIES Get more quick veggie side dish recipes at eatingwell.com/webextra

BLAINE MOATS STYLING; SUE RHEE FOOD STYLING; SUE MITCHELL PROPS

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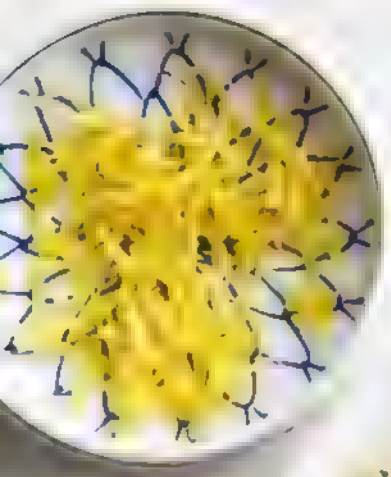


For even faster pilaf, use 4 cups of purchased cauliflower rice instead of making your own. Look for it near other fresh or frozen prepared vegetables.

Cauliflower Rice Pilaf

ACTIVE: 20 min **TOTAL:** 20 min
TO MAKE AHEAD: Refrigerate raw cauliflower "rice" (Step 1) for up to 3 days.

You'll slash 131 calories and 19 grams carbohydrate when you trade in your brown rice for finely chopped cauliflower.

- **6 cups cauliflower florets (about 1 head)**
- **3 tablespoons extra-virgin olive oil**
- **2 cloves garlic, minced**
- **½ teaspoon salt**
- **¼ cup toasted sliced almonds**
- **¼ cup chopped fresh herbs, such as chives, parsley, cilantro *and/or* basil**
- **2 teaspoons lemon zest**

1. Pulse cauliflower florets 2 cups at a time in a food processor until chopped into rice-size pieces.
2. Heat oil in a large skillet over medium-high heat. Add garlic and cook until fragrant, about 30 seconds. Add the cauliflower rice, sprinkle with salt and cook, stirring, until softened, 3 to 5 minutes. Remove from heat. Stir in almonds, herbs and lemon zest.

SERVES 6: ⅔ cup each

CAL 114 / **FAT** 9G (SAT 1G) / **CHOL** 0MG / **CARBS** 7G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 227MG / **POTASSIUM** 361MG.

Sesame-Honey Carrot Ribbon Salad

ACTIVE: 20 min **TOTAL:** 20 min
TO MAKE AHEAD: Refrigerate for up to 1 day

A simple vegetable peeler turns carrots into beautifully thin strips. If you have a spiralizer, you can go for an artful tangle instead.

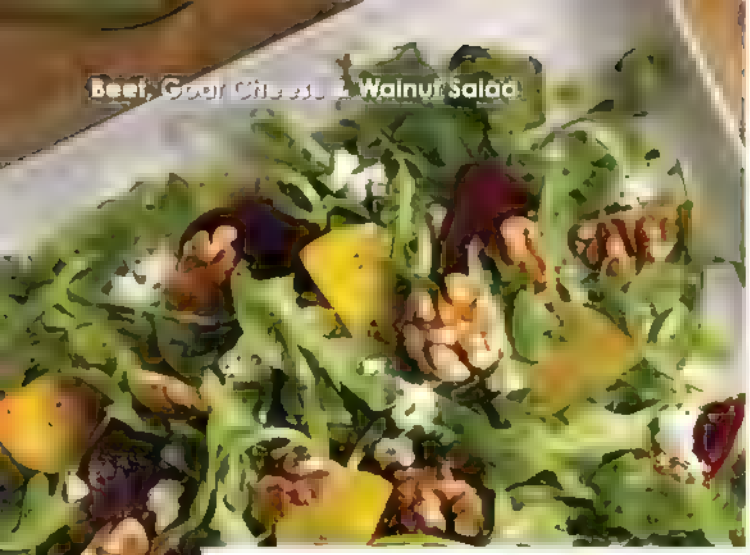
- **3-5 large carrots (about 12 ounces)**
- **2 tablespoons orange juice**
- **2 tablespoons rice vinegar**
- **1 tablespoon reduced-sodium tamari *or* soy sauce**
- **1 teaspoon toasted (dark) sesame oil**
- **1 teaspoon honey**
- **¼ teaspoon garlic powder**
- **3 scallions, sliced**
- **2 tablespoons toasted sesame seeds**

1. Using a vegetable peeler or mandoline, make long, thin strips of carrot until you have about 8 cups of carrot ribbons.
2. Whisk orange juice, vinegar, tamari (or soy sauce), oil, honey and garlic powder in a large bowl. Add the carrot ribbons and scallions and toss well to coat. Let stand 5 minutes; toss again. Sprinkle with sesame seeds before serving.

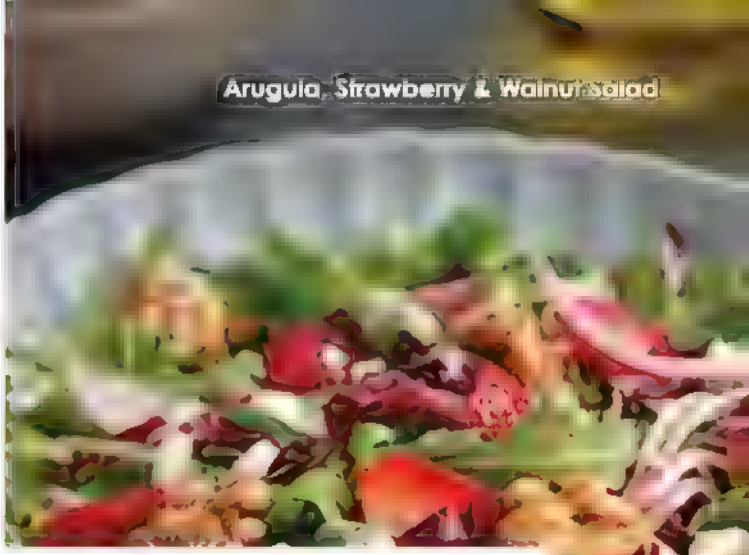
SERVES 6: ¾ cup each

CAL 54 / **FAT** 2G (SAT 0G) / **CHOL** 0MG / **CARBS** 8G / **TOTAL SUGARS** 4G (ADDED 1G) / **PROTEIN** 1G / **FIBER** 2G / **SODIUM** 154MG / **POTASSIUM** 205MG.

BLAINE MOATS; STYLING: SUE HOSS (FOOD); SUE WATCHELL (PROPS)



Beet, Goat Cheese & Walnut Salad



Arugula, Strawberry & Walnut Salad

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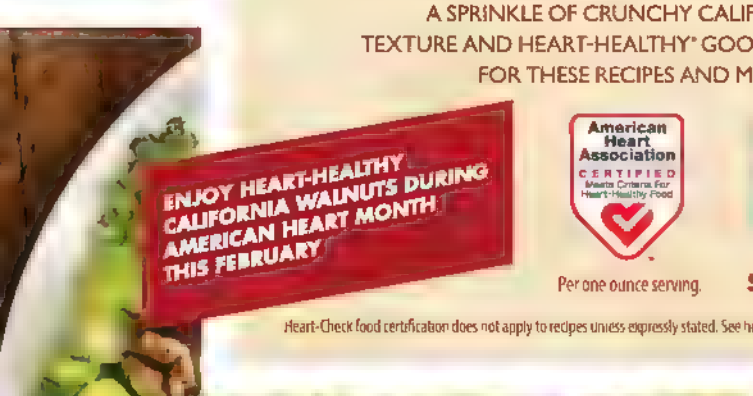

Garden Salad with Walnut Vinaigrette

Wilted Spinach Salad with Grilled Onions, Walnuts, Avocado & Apples

*Support ve but not conclusive resea ch shows that eating 1 5 ounces of walnuts per day as part of a low satu rated fat and low cholesterol d et and not resu l ng in increased calorie intake, may reduce the risk of coronary heart d sease (FDA. One ounce of wa nuts provides 18g of tota fat, 2 5g of monounsaturated fat, 1 3g of polyunsaturated fat nclud ng 2 5g of a pha-l no en c acid - the plant based omega 3

Slow-Cooker Braised Beef with Carrots & Turnips

ACTIVE: 40 min. **SLOW-COOKER TIME:** 4-8 hours
TO MAKE AHEAD: Refrigerate the browned beef (Steps 1-2) and tomato mixture (Step 3) separately for up to 1 day. Bring the tomato mixture to a boil before adding to the slow cooker.
EQUIPMENT: 5- to 6-quart slow cooker

The spice blend here—cinnamon, allspice and cloves—may conjure images of apple pie, but the combo is a great fit in savory applications too. Serve over creamy polenta (see below) or buttered whole-wheat egg noodles.

- 1 tablespoon kosher salt
- 2 teaspoons ground cinnamon
- ½ teaspoon ground allspice
- ½ teaspoon ground pepper
- ¼ teaspoon ground cloves
- 3-3½ pounds beef chuck roast, trimmed
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 3 cloves garlic, sliced
- 1 cup red wine
- 1 28-ounce can whole tomatoes, preferably San Marzano
- 5 medium carrots, cut into 1-inch pieces
- 2 medium turnips, peeled and cut into ½-inch pieces
- Chopped fresh basil for garnish

1. Combine salt, cinnamon, allspice, pepper and cloves in a small bowl. Rub the mixture all over beef.
2. Heat oil in a large skillet over medium heat. Add the beef and cook until browned, 4 to 5 minutes per side. Transfer to a 5- to 6-quart slow cooker.
3. Add onion and garlic to the pan. Cook, stirring, for 2 minutes. Add wine and tomatoes (with their juice); bring to a boil, scraping up any browned bits and breaking up the tomatoes. Add the mixture to the slow cooker along with carrots and turnips.
4. Cover and cook on High for 4 hours or Low for 8 hours.
5. Remove the beef from the slow cooker and slice. Serve the beef with the sauce and vegetables, garnished with basil, if desired.

SERVES 8: 3 oz. beef & 1 cup vegetables each

CAL 318 / **FAT** 11G (SAT 3G) / **CHOL** 99MG / **CARBS** 13G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 35G / **FIBER** 3G / **SODIUM** 538MG / **POTASSIUM** 698MG.

PAIR IT

Italian wine is a natural pairing for this Italian-style stew. The 2014 Cantine Valpane Barbera del Monferrato "Rosso Pietro" ($15) stands up to the richness of the dish and has hints of licorice and cloves.

STIR IT UP

This saucy braise deserves to be served over creamy polenta. Here's how to make it: Bring 4 cups broth and 2 cups water to a boil in a large saucepan. Slowly whisk in 1⅓ cups cornmeal until smooth. Reduce heat to low, cover and cook, stirring occasionally, until very thick and creamy, 10 to 15 minutes. Season with 1 teaspoon salt and pepper to taste. *Makes 8 (½-cup) servings.*

BLAINE MOATS; STYLING: SUE MITCHELL; PROPS: FOOD STYLING

8s
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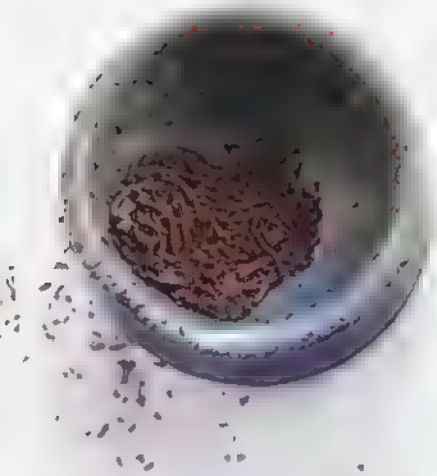

Lapsang Souchong Chicken with Bok Choy

ACTIVE: 30 min **TOTAL:** 40 min

Chinese Lapsang Souchong tea is dried over a pine fire, which gives it its characteristic smoky flavor. Look for it near other teas or in the bulk section. Grind it in a spice grinder before using.

- 1½ teaspoons ground Lapsang Souchong tea
- 4 whole chicken legs (2½-3 pounds)
- 1 tablespoon toasted (dark) sesame oil
- 2 pounds bok choy, trimmed and cut into 1-inch pieces, whites and greens separated
- 1 scallion, thinly sliced

1. Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray.
2. Combine tea with ¼ teaspoon each salt and pepper in a small bowl. Rub about two-thirds of the mixture under the chicken skin, then rub the rest on the skin. Place the chicken on the prepared pan
3. Roast the chicken until an instant-read thermometer inserted in the thickest part without touching bone reaches 165°F, 25 to 35 minutes. Let rest on the pan for 5 minutes.
4. Meanwhile, heat oil in a large flat-bottom carbon-steel wok over medium-high heat. Add bok choy whites and cook, stirring frequently, until tender, 8 to 10 minutes. Add bok choy greens and cook, stirring frequently, until wilted, 3 to 4 minutes more. Stir in ¼ teaspoon salt.
5. Pile the bok choy on a serving platter and top with the chicken. Scrape the chicken drippings into a small bowl and stir in scallion; drizzle over the chicken and bok choy.

SERVES 4: 1 chicken leg & about 1 cup bok choy each

CAL 325 / **FAT** 17G (SAT 4G) / **CHOL** 184MG / **CARBS** 4G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 38G / **FIBER** 2G / **SODIUM** 509MG / **POTASSIUM** 1,220MG.

HIGH FIVE
Discover more 5-ingredient dinner recipes at eatingwell.com/webextra

PAIR IT

The light, smoky flavor of Grochau Cellar's 2015 Commuter Cuvée Pinot Noir ($18) from Oregon's Willamette Valley complements the tea-rubbed chicken.

BLAINE MOATS; STYLING: SUE BHR; FOOD STYLING: SUE MITCHELL (FOR PS)

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Resolutions I'm Pretty Confident I'll Be Able to Keep

BY KIMBERLY HARRINGTON

I'm not sure why everyone's always in a tizzy when it comes to New Year's resolutions. It's not that hard, you guys. I have several. They will be extremely easy to stick to!

1 Make family dinners magical. Order pizza weekly for family pizza night. The frequency at which pizza is ordered will increase at an almost imperceptible rate throughout the school year. Suddenly, pizza is ordered so often that all the leftover pizza makes one whole pizza every 4 to 5 days. This is called magic. Pizza Magic.

2 Experience the life-changing magic of tidying up. Everything I own sparks joy! I also love lying! This is easy.

3 Spend more time with family. Unavoidable. No matter how hard I try, they still insist on living here.

4 Find opportunities for regular exercise. Specifically, perhaps, weekly, between the frozen section and the produce section. To be done as follows: Five reps of "Hey self, give me a few reasons why I shouldn't shove this entire pint of chocolate peanut butter ice cream into my face hole for dinner?" followed by five reps of "Many, many reasons can be found over here, between the kale and the unusual fruits! Come see!" While the cardio benefits are negligible, the emotional exhaustion will be very, very real.

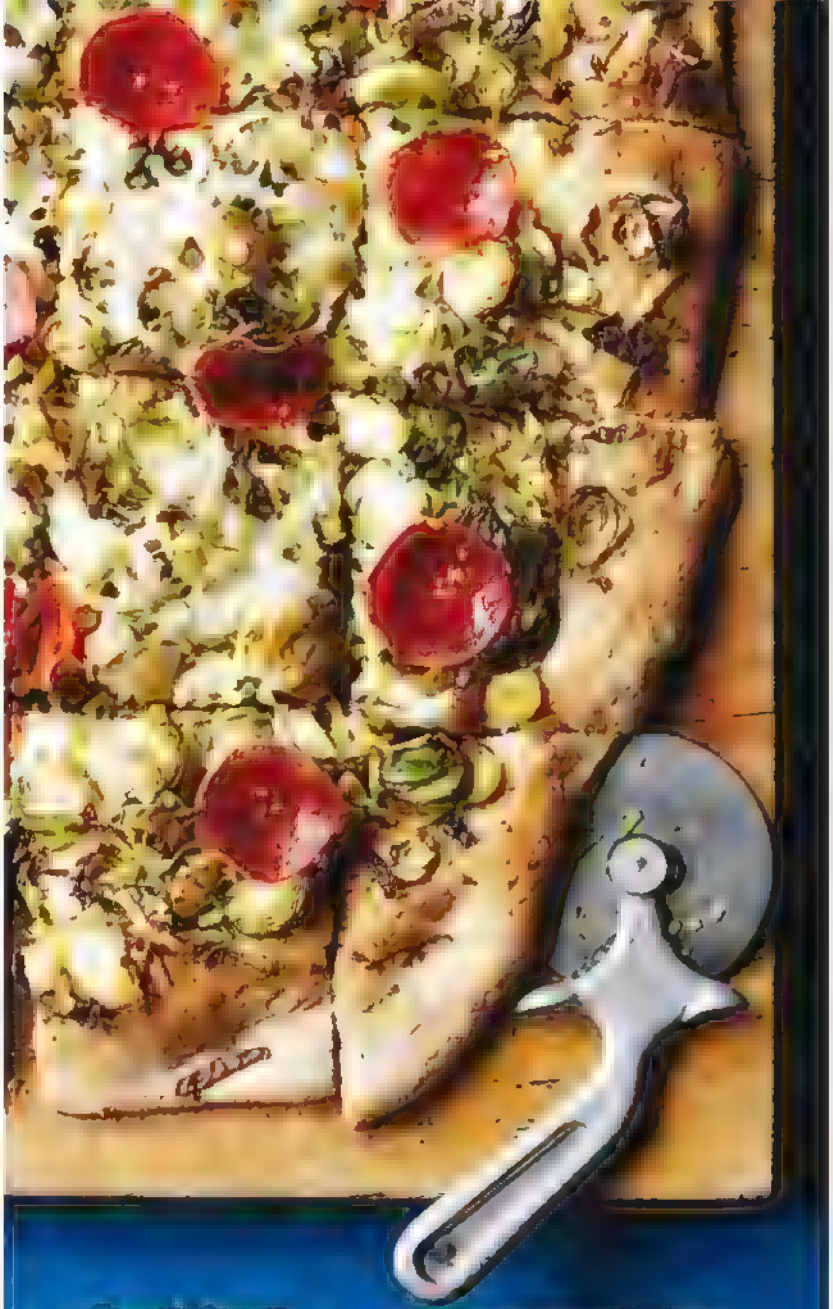
5 Meal plan. Plan to have some meals.

6 Transform kitchen into the professional kitchen of my dreams. Stock it with professionals. Shout orders in when hungry. Get used to wearing uniform of white button down shirt and black pants every day. Take on second job to pay for uniform and professionals. Wait, now I own a restaurant. This resolution is terrible.

7 Antioxidants up, murderous feelings about life down. Well hello there, red wine.

8 Travel more. Specifically, back to the market for that ice cream.

Kimberly Harrington *is the co-founder and editor of the website* RAZED. *She lives in Vermont.*



Brussels Sprouts & Pepperoni Pizza

ACTIVE 25 min. TOTAL 45 min.

Hey Kimberly! If you want to spark some joy in your house, give this pizza combo a try. Sincerely, the EatingWell Test Kitchen

- 4 tablespoons extra-virgin olive oil, divided
- 4 cups thinly sliced Brussels sprouts
- ½ cup sliced shallots
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound pizza dough, preferably whole-wheat
- 1 tablespoon minced garlic
- 1½ cups shredded fontina cheese
- 4 cup pepperoni slices
- 2 teaspoons lemon zest

1. Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray.
2. Heat 2 tablespoons oil in a large skillet over medium heat. Add Brussels sprouts, shallots, salt and pepper and cook, stirring, until softened, 5 to 8 minutes. Remove from heat.
3. Roll out dough to the size of the baking sheet, then transfer to the baking sheet. Combine the remaining 2 tablespoons oil and garlic and brush over the dough. Top with the vegetables, cheese and pepperoni.
4. Bake the pizza until golden, 18 to 20 minutes. Sprinkle with lemon zest.

SERVES 8

CAL 401 / FAT 24G (SAT 7G) / CHOL 36MG / CARBS 37G / TOTAL SUGARS 3G (ADDED 0G) / PROTEIN 15G / FIBER 3G / SODIUM 608MG / POTASSIUM 255MG

HOLD THE PHONE Get more great pizza recipes at eatingwell.com/webextra

BLAINE MOATS, STYLING: SUE HOSS/FOOD: SUE MITCHELL/PROPS: "ILLUSTRATION: GARY HOVLAND

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Roasted Swordfish & Broccoli Rabe with Piccata Butter

ACTIVE: 25 min **TOTAL:** 25 min

A compound butter made with capers, lemon, garlic and parsley punches up this quick dinner. Swordfish populations have increased to a more sustainable level—choose handline- or harpoon-caught from the North Atlantic and Eastern Pacific. Swordfish is high in mercury, so it's best to eat it only occasionally. Women who may become pregnant, breast-feeding mothers and young children should avoid swordfish. Halibut is a good alternative.

- 2 8-to-10-ounce swordfish or halibut steaks, cut in half and patted dry
- 2 tablespoons extra-virgin olive oil, divided
- 1 teaspoon coarsely cracked mixed peppercorns, divided
- ½ teaspoon salt, divided
- 1 bunch broccoli rabe (about 1 pound), tough stems trimmed
- 3 tablespoons unsalted butter, softened
- Zest of 1 lemon
- 1 medium clove garlic, minced
- 2 teaspoons capers, rinsed and chopped
- 1 teaspoon finely chopped fresh parsley

1. Place a large rimmed baking sheet in the oven and preheat to 400°F

2. Rub both sides of fish with 1 tablespoon oil; season with ¾ teaspoon pepper and ¼ teaspoon salt.

3. Combine broccoli rabe, the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper in a large bowl. Massage the broccoli rabe until evenly coated.

4. Place the fish and broccoli rabe on the hot baking sheet. Roast until the fish is just cooked through and the broccoli rabe is tender, 8 to 10 minutes.

5. Meanwhile, mix butter, lemon zest, garlic, capers and parsley in a small bowl.

6. To serve, toss half the piccata butter with the broccoli rabe and dollop the rest on the fish

SERVES 4: 3 oz. fish & ⅔ cup broccoli rabe each

CAL 318 / **FAT** 22G (SAT 8G) / **CHOL** 87MG / **CARBS** 6G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 24G / **FIBER** 0G / **SODIUM** 421MG / **POTASSIUM** 425MG

PAIR IT

Full-bodied and dry with a citrus-zest aroma, the 2015 Maso Canali Pinot Grigio from Trentino ($17) is a good match for the meaty swordfish.

GO FISH Find recipes for the 6 best fish to eat at eatingwell.com/webextra

BLAINE MOATS, STYLING; SUE FISS FOOD STYLING; MALLETH PORTO

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allrecipes

Eat More, Weigh Less

Not a fan of small portions? Neither are we. This 1,500-calorie meal plan focuses on foods you can eat a lot of without tipping the scale in the wrong direction.

By Sara Haas, R.D.N., L.D.N.

BREAKFAST / 408 CAL
2 cups **toasted rice flakes**, such as Special K, 1¼ cups **nonfat milk**, 2 **clementines**.

MORNING SNACK / 231 CAL
Honey-Peanut Popcorn: Whisk 1 tsp. each melted **butter** and **honey**. Drizzle over 3 cups **air-popped popcorn** and 1 Tbsp. **salted peanuts**.

LUNCH / 335 CAL
Green Curry Vegetable Soup: Combine ¾ cup cooked **whole-wheat angel hair pasta**, ½ cup **baby spinach**, ⅓ cup chopped **red bell pepper** and ¼ cup each grated **carrot** and **cilantro**. Stir 1 Tbsp. **Thai green curry paste** into 2 cups boiling-hot **low-sodium chicken broth**; pour over the noodle mixture. Serve with 3 **dried figs**.

AFTERNOON SNACK / 119 CAL
Celery & Blue Cheese Dip: Combine 3 Tbsp. **low-fat plain Greek yogurt**, 4 tsp. **blue cheese**, ½ tsp. **water** and a dash of **hot sauce**. Serve with 2 medium **celery stalks** (halved) and 6 fl. oz. **low-sodium tomato juice**.

DINNER / 415 CAL

Chicken with Bell Pepper & Hominy Stir-Fry

ACTIVE: 35 min **TOTAL:** 35 min

Hominy is made by soaking dried corn kernels in lime to remove the tough hull and germ. The result looks like puffed-up corn, perhaps most notably enjoyed in the Mexican soup posole. Look for it in cans in the Latin section of large supermarkets. You'll need one 29-ounce can or two 15-ounce cans to get 2 cups. Toss leftovers into soup or salad.

- 2 teaspoons canola oil
- 1¼ pounds boneless, skinless chicken breast, trimmed and cut into 1-inch pieces
- 3 teaspoons ground cumin, divided
- ½ teaspoon kosher salt, divided
- ½ cup finely chopped fresh cilantro
- 2 medium red bell peppers, chopped
- 2 cups sliced carrots
- 1½ cups chopped red onion
- 3 tablespoons water
- 2 cups rinsed canned hominy
- 2 cloves garlic, minced
- 1 4-ounce can diced green chiles
- 2 tablespoons lime juice
- 1 firm ripe avocado, diced

1. Heat oil in a large nonstick skillet over medium-high heat. Add chicken and sprinkle with 1 teaspoon cumin and ¼ teaspoon salt. Cook, stirring occasionally, until the chicken is just cooked through, 5 to 7 minutes. Transfer to a bowl and toss with cilantro. Cover to keep warm.
2. Add bell peppers, carrots, onion, water and the remaining ¼ teaspoon salt to the pan. Cook, stirring often, until the vegetables are crisp-tender, about 5 minutes. Stir in hominy, garlic and the remaining 2 teaspoons cumin; cook, stirring, for 1 minute. Stir in green chiles and lime juice and cook for 1 minute more.
3. Serve the chicken over the hominy mixture, topped with avocado.

SERVES 4: ¾ cup chicken & 1½ cups stir-fry each

CAL 415 / **FAT** 15G (SAT 2G) / **CHOL** 103MG / **CARBS** 34G / **TOTAL SUGARS** 10G (ADDED 0G) / **PROTEIN** 37G / **FIBER** 10G / **SODIUM** 485MG / **POTASSIUM** 1,200MG

MEAL PLANS GALORE Take the guesswork out of meal planning at eatingwell.com/webextra

BLAINE MOATS; STYLING: SUE HONG; FOOD STYLING: CHELSEA ZIMMER

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Muffin-Tin Quiches with Smoked Cheddar & Potato

ACTIVE: 30 min **TOTAL:** 1 hr

TO MAKE AHEAD: Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

EQUIPMENT: Muffin tin with 12 (½-cup) cups

Potatoes, cheese and greens make these mini quiches satisfying. Bake up a batch over the weekend and you'll have breakfast available in a hurry for the rest of the week.

- 2 tablespoons extra-virgin olive oil
- 1½ cups finely diced red-skinned potatoes
- 1 cup diced red onion
- ¾ teaspoon salt, divided
- 8 large eggs
- 1 cup shredded smoked Cheddar cheese
- ½ cup low-fat milk
- ½ teaspoon ground pepper
- 1½ cups chopped fresh spinach

1. Preheat oven to 325°F. Coat a 12-cup muffin tin with cooking spray

2. Heat oil in a large skillet over medium heat. Add potatoes, onion and ¼ teaspoon salt and cook, stirring, until the potatoes are just cooked through, about 5 minutes. Remove from heat and let cool 5 minutes.

3. Whisk eggs, cheese, milk, pepper and the remaining ½ teaspoon salt in a large bowl. Stir in spinach and the potato mixture. Divide the quiche mixture among the prepared muffin cups.

4. Bake until firm to the touch, about 25 minutes. Let stand 5 minutes before removing from the tin.

SERVES 6: 2 quiches each

CAL 238 / **FAT** 16G (SAT 5G) / **CHOL** 263MG / **CARBS** 11G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 14G / **FIBER** 1G / **SODIUM** 494MG / **POTASSIUM** 377MG

MUFFIN TOP BEGONE! Fixed-serving sizes can prevent overeating. This recipe takes the guesswork out of the equation and uses muffin tins to pre-portion quiche.

MUFFIN-TIN MAGIC More meals to make in your muffin tin at eatingwell.com/webextra

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Raspberry-Chocolate Mousse

ACTIVE: 20 min TOTAL: 2 hrs 20 min
TO MAKE AHEAD: Refrigerate for up to 2 days.

For the fluffiest mousse, make as few gentle strokes with your spatula as possible to fold the egg whites into the chocolate mixture in Step 5.

- 1 tablespoon Chambord (raspberry liqueur)
- 1 tablespoon low-fat milk
- ¾ teaspoon gelatin
- 3 ounces bittersweet chocolate, chopped
- 4 large eggs, separated (see *Tip, page 100*)
- 4 tablespoons sugar, divided
- ¼ teaspoon salt
- ½ teaspoon vanilla extract
- Whipped cream, raspberries *and/or* chocolate shavings for garnish

1. Combine Chambord and milk in a small bowl; sprinkle gelatin on top and let stand to soften.
2. Place chocolate in a microwave-safe bowl and microwave on High for 1 minute. Stir well, then continue microwaving in 30-second increments on High until two-thirds of the chocolate has melted, stirring well after each burst.
3. Bring 1 inch water to a bare simmer in a medium saucepan. Combine egg yolks, 3 tablespoons sugar and salt in a metal bowl large enough to rest in the pan without touching the water. Set the bowl over the water and whisk constantly until the sugar dissolves, 1 to 2 minutes. Add the gelatin mixture and whisk until it dissolves, about 1 minute. Remove from heat; whisk in the chocolate and vanilla.
4. Beat egg whites in a clean large bowl with an electric mixer on high speed until soft peaks form. Add the remaining 1 tablespoon sugar and continue beating until the mixture holds stiff, shiny peaks.
5. Whisk one-fourth of the egg whites into the chocolate mixture until smooth. With a rubber spatula, gently fold the remaining egg whites into the chocolate mixture just until incorporated. Divide among 8 dessert dishes (about ½ cup each).
6. Cover and refrigerate until set, at least 2 hours. Serve garnished with whipped cream, raspberries and/or chocolate shavings, if desired.

SERVES 8, scant ½ cup each

CAL 115 / FAT 6G (SAT 3G) / CHOL 93MG / CARBS 14G / TOTAL SUGARS 12G (ADDED 8G) / PROTEIN 4G / FIBER 1G / SODIUM 73MG / POTASSIUM 39MG

PAIR IT

Beer with dessert? You bet! The roasted chocolate notes in Brouwerij de Molen's Cease & Desist, a Russian imperial stout, are a luxurious accompaniment (330 ml, $9).

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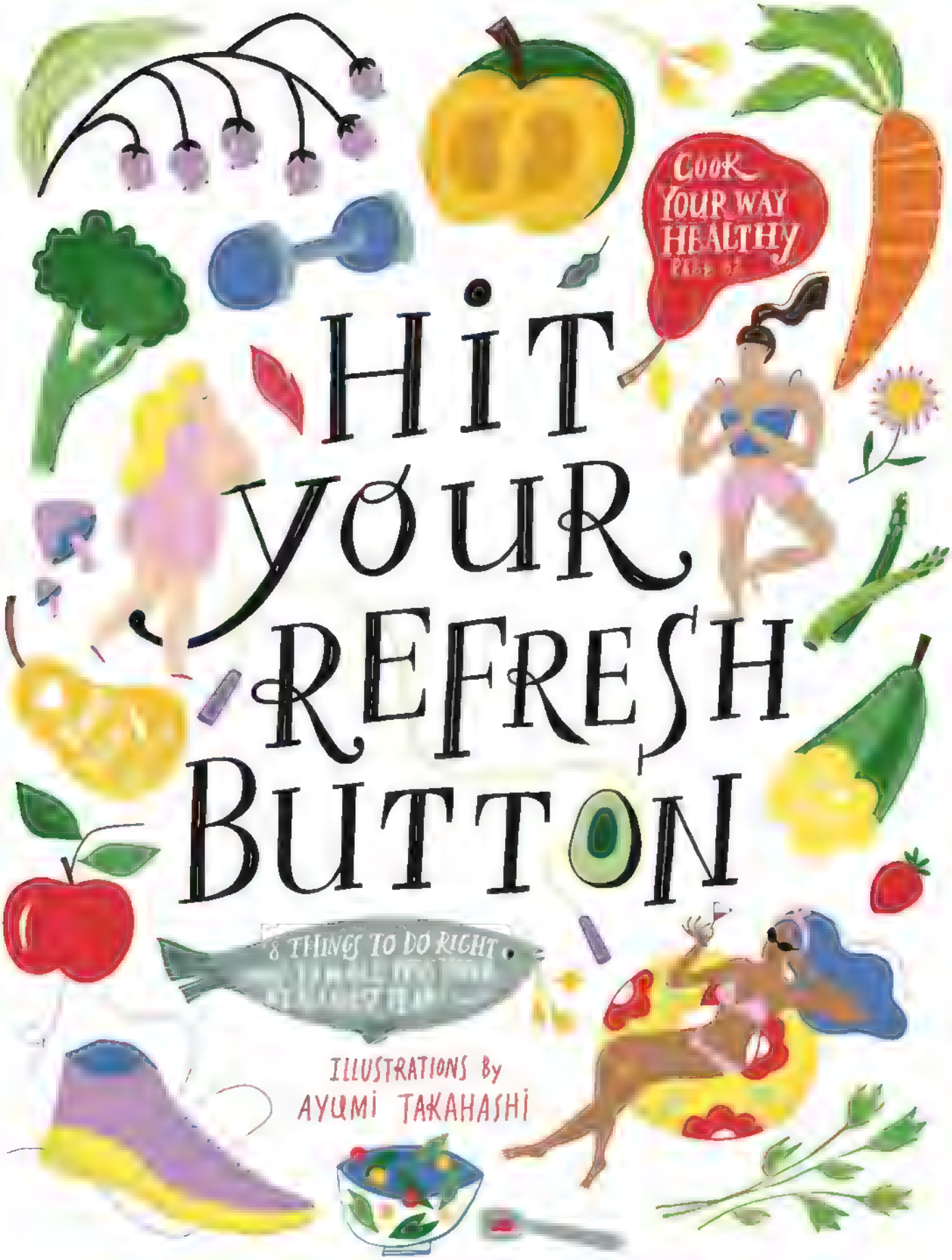

COOK YOUR WAY HEALTHY
HIT YOUR REFRESH BUTTON
8 THINGS TO DO RIGHT
ILLUSTRATIONS BY
AYUMI TAKAHASHI

8 **things** you can do now—as in, *right* now—to boost your health and well-being.

By Shaun Dreisbach

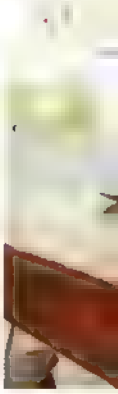
We are, after all, a culture that expects results at the pace of a Google search. We like insta. And while it may not be possible to wake up tomorrow 10 pounds lighter or with an insatiable love of salads, there are a lot of smaller changes you can make that deliver an immediate healthy payoff—the kind that will encourage you to make another small change, and another, and, well, you get the idea.

1 Shop smarter at the market.

On a mission to eat more whole foods? Here's a genius trick to make that happen: every time you go to the grocery store, divide your shopping cart in half and put produce in the front (fresh, frozen, whatever) and everything else at the other end. "Research shows that taking a moment to think about what you're putting in your cart is a very powerful tool," says Brian Wansink, Ph.D., director of Cornell University's Food and Brand Lab and author of *Slim by Design*. "In our study, people took 35 percent more fruits and vegetables than they otherwise would and fewer not-as-healthy foods." It's key to have an actual dividing line—like your reusable shopping bags, purse or coat—as a visual reminder.

2 Meditate every morning

You don't have to Om or even try to empty your mind—which is pretty much impossible, unless you're a monk on a remote mountaintop. Just sit in a comfy position with your eyes closed and let your thoughts wander. Research shows this method of mindful meditation can leave you feeling calmer, more focused and refreshed, says Susan Albers, Psy.D., a psychologist and mindful-eating expert and author of *50 Ways to Soothe Yourself Without Food*. There's no ideal dose—for some as few as 5 minutes can help—so meditate for as long (or short) as it takes you to feel better. But doing it first thing means that relaxed, positive vibe is likely to carry with you, no matter what craziness life throws your way.



3 PICK UP A NEW PILLOW

You know what a big deal a good night's rest is for your health, right? You'll lower your risk for a host of health issues, including obesity, diabetes, depression and high blood pressure. "One of the biggest reasons people don't get the quality sleep they need is they're tossing and turning all night trying to get comfortable—and usually that's due to lack of proper support," says sleep expert Michael Breus, Ph.D., of *thesleepdoctor.com*. "Pillows lose their supportiveness after about a year—but no one ever replaces them that often." (For the record, he says mattresses should be replaced for a more supportive mode about every seven years.) So make the mini investment, and snooze better starting tonight.

JAMIE VINCENT HADDON/GETTY IMAGES

4 TAP YOUR TOES

Boost your health by (no joke) tapping your toes. You've heard of "sitting disease," and how our desk-bound days can be bad for our health. Well, researchers at the University of Missouri recently discovered that simply fidgeting can reduce the arterial damage that happens from spending too much time on your derrière. In the study, healthy men and women were asked to intermittently tap one foot, while keeping the other one still.

After three hours, they compared the blood flow in each leg and found that the fidgeting one showed improved vascular function, while the stationary leg was worse off. Other recent research found fidgeting mitigated the increased risk of death from sitting too much. Of course, actual exercise is still better at keeping you healthy, but considering that the average person sits 15 hours a day, a little fidgeting could have very real benefits as well.

5 Brighten It Up

People who eat in well-lit spaces consume about 39 percent fewer calories—and make healthier food choices—than those who dine under dim lighting, says recent research. Why? Bright spaces make us feel more alert, so we nosh more mindfully. In fact, participants who skipped the candles at mealtime ate more slowly, enjoyed their food more and, yes, ate 373 fewer calories.

6 Add fruits or veg to breakfast

The nutrients you get are a plus for your health, but eating produce in the morning can also help you maintain a healthy weight. A recent Cornell University study looked at the habits of people with normal BMIs—just naturally, without dieting—and found that 96 percent ate breakfast, versus skipping it or merely sipping coffee. The most common items on their A.M. menu? You guessed it: fruits and veggies. So whip up a chock-full-of-veggies omelet or smoothie bowl bursting with fruit.

7 Plan a garden & dig in

Growing your own vegetables and fruits not only makes you more likely to actually eat them—because of the care you put into nurturing them along, and the fact that all you have to do is pop out the door to pick them—but it's also restorative. Studies show getting your hands dirty can lower stress and heart disease risk, improve attention span and mental sharpness and make you happier. Simply looking at images of outdoor spaces helps, too—which means the benefits will kick in the moment you start creating that gardening Pinterest board.

8 BREAK YOUR SUGAR HABIT

"Most people know they need to cut back, but when they do, they often cut out things like desserts or sweetened beverages—and it winds up backfiring because it feels too much like a punishing diet. It's too hard to sustain," says David Katz, M.D., director of the Yale University Prevention Research Center. Instead, try what he calls Taste Bud Rehab: "Sugar shows up in all sorts of foods that have no business being sweet in the first place, like crackers and high-fiber cereals. There are marinara sauces that literally have more added sugar than hot fudge ice cream topping. Over time, this higher level of sweetness corrupts your palate. But you can undo all that! Compare food labels and choose lower-sugar versions of those foods." And really read. Most people think they're good at scoping out labels, but research shows that only 1 percent pay attention to things like added sugar. Adds Katz: "You will notice the difference with the lower-sugar products, but within a week or so your taste buds will readjust and you'll prefer things less sweet. You may find that really sugary things, like desserts and soda, now taste too cloying—which will make cutting back even easier."

#5 UWE KREJCI/GETTY IMAGES; #6 BLAINE MOATS; #8 SENSORSPOT/GETTY IMAGES

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TO BE BEAUTIFUL means TO BE YOURSELF. YOU DON'T NEED TO BE
BY OTHERS.
ACCEPT YOURSELF."
—Buddhist monk Thich Nhat Hanh

YOUR BODY

BY SUNNY SEA GOLD

'Tis the season for discounted gym memberships, weight-loss resolutions and post-holiday body snark: "Ugh... this muffin top is outta control!" "I feel gross!" "That's it—I'm getting rid of this jelly belly!" Ouch. Weight shaming and blaming is the opposite of healthy. This new year, practice a little body kindness instead so you can truly transform your health.

If you don't like your body, chances are you're less social, generally less satisfied with life and more insecure in your relationships than people who aren't bothered by their appearance, according to a new national study of more than 12,000 adults. Other research shows that regardless of the number on the scale, if you think you're overweight and feel bad about it, you're likely to gain more pounds in the future than people who don't think they need to slim down. Skip the body-bashing and think positive with this research-backed advice.

Cut Back on Facebook

The more time you spend looking at friends' photos on Facebook, the less you'll like your own body, say researchers from Flinders University in Adelaide, Australia, after looking at 20 separate studies on social media use and body image. The issue comes from comparing ourselves to others, says Anne Poirier, who runs a "body neutrality" program at Green Mountain at Fox Run, a well-known non-diet weight management facility in Vermont. "Limiting time on social media is one of our strategies for helping participants build a more positive self-image," she says. "By comparing themselves less to other people they start to become less dissatisfied with their bodies."

Think Beyond Your Weight

There's nothing wrong with aiming for a healthy weight, but the scale isn't the only—or even the best predictor of actual health or fitness. "We need to look at other numbers like blood sugar, blood pressure and cholesterol. Emotional well-being, too, is just as important as the physical," says Rebecca Puhl, Ph.D., deputy director of the Rudd Center for Food Policy & Obesity at the University of Connecticut. "Body shame and weight stigma can lead to depression and anxiety" On the other hand, people who accept their shape take fewer sick days and report feeling healthier than those who are more self-critical, regardless of their weight, a 2008 study from Columbia University found.

Find a Real Health Hero

"Fitspiration" bloggers and Instagrammers who post pictures of their sleek bodies say they do so to inspire people to meet their own health goals. But the majority of these sites and accounts focus on physical appearance, not wellness. Just looking at their pictures can instantly make you feel worse about your own looks, a recent study in the journal *Body Image* found. "All bodies, regardless of their size and ability, can participate in fitness as part of true self-care," says Poirier. So look for real-life role models who are more like *you* and less like some idealized version of "fit." (Perhaps the stories on page 6 are the inspiration you're looking for.)

Get Outside

People who spend more time in nature *appreciate* their bodies more than those who don't get out as much, a new British study found. Not only does exposure to nature reduce stress, making us feel better about life in general, but it may also help us focus on what our bodies can *do* rather than how they look, the researchers say. Being outdoors puts things in perspective, they say—it's tough to focus on hating your thighs in the face of a breathtaking sunset, especially if it's thanks to those thighs that you made it up the mountain to see that view.

Work It Out

A single workout can make you feel better about the way you look, a review of research in the *Journal of Health Psychology* found. Researchers analyzed 57 studies and found that working out makes people feel more attractive, regardless of fitness level. Try yoga for some bonus body image points: a new Canadian study found that women who did an hour of yoga got a bigger body image boost than those who took a resistance-training class.

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HEALTHY

Once upon a time, nutrition experts thought cutting calories was the golden ticket to shedding pounds. Today we know better. Sure, calories count, but certain foods make weight loss even easier. Give your New Year's resolution an edge with these four naturally slimming 400-calorie dinners—filled with foods guaranteed to nudge off the pounds. Bonus: they do double-duty when you repurpose them into tomorrow's 350-calorie lunch. Now, that's a one-two punch for stubborn extra pounds!

By Karen Ansel, M.S., R.D.N. // Photography by Karla Conrad

Spaghetti Squash with Roasted Tomatoes, Beans & Almond Pesto

ACTIVE: 45 m'n **TOTAL:** 45 m'n

TO MAKE AHEAD: Refrigerate pesto (Step 1) for up to 5 days.

Looking at a tangle of spaghetti squash tricks your brain into thinking you're about to eat a serving of eggy noodles, but the calorie and carb savings are no illusion. And giving tomatoes a stint in a hot oven makes them candy-sweet.

ALMOND PESTO

- 2 cups fresh basil leaves
- 1 cup fresh parsley leaves
- ½ cup grated Parmesan cheese
- ⅓ cup whole raw almonds
- 1 clove garlic
- 1½ tablespoons red-wine vinegar
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- ¼ cup water

SPAGHETTI SQUASH & VEGETABLES

- 1 3-pound spaghetti squash
- ¼ cup water
- 2 pints grape tomatoes, halved
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper
- 1 cup canned cannellini beans, rinsed

1. To prepare pesto: Pulse basil, parsley, Parmesan, almonds, garlic, vinegar and ¼ teaspoon each salt and pepper in a food processor until coarsely chopped, scraping down the sides. With the motor running, add ¼ cup oil; process until well combined

2. Refrigerate 1½ tablespoons pesto for lunch (*see below*). Add water to the pesto in the food processor; pulse to combine

3. To prepare squash & vegetables: Preheat oven to 400°F. Line a rimmed baking sheet with foi.

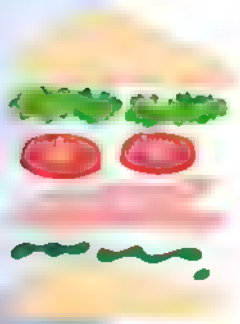
4. Halve squash lengthwise and scoop out the seeds. Place cut-side down in a microwave-safe dish and add water. Microwave on High until the flesh can be easily scraped with a fork, about 15 minutes.

5. Meanwhile, toss tomatoes with oil, salt and pepper in a large bowl. Transfer to the prepared baking sheet. Roast until soft and wrinkled, 10 to 12 minutes. Remove from the oven. Add beans and stir to combine.

6. Scrape the squash flesh into the bowl and divide among 4 plates. Top each portion with some of the tomato-bean mixture and pesto sauce.

SERVES 4: 1½ cups each

CAL 400 / **FAT** 26G (SAT 4G) / **CHOL** 8MG / **CARBS** 37G / **TOTAL SUGARS** 12G (ADDED 0G) / **PROTEIN** 12G / **FIBER** 10G / **SODIUM** 499MG / **POTASSIUM** 1,020MG.



Pesto-Turkey Sandwich Spread the reserved 1½ Tbsp. pesto (*see recipe, above*) on 2 slices toasted whole-wheat bread. Top with 3 oz. sliced deli turkey, 2 lettuce leaves and 2 tomato slices. **SERVES 1 / 352 CAL**

Swap in legumes, such as beans or lentils, for other foods and you'll drop pounds—without making any other diet changes, says a 2011 *European Journal of Nutrition* study. Obese volunteers ate a low-cal diet that either had four weekly servings of cooked beans or lentils (about a cup each) or was legume-free. After eight weeks, the legume eaters shed 2½ percent more weight. Researchers credit the extra weight loss to legumes' high fiber content and slowly digested carbs.

Ancho Chicken Breast with Black Beans, Bell Peppers & Scallions

ACTIVE: 45 min **TOTAL:** 45 min

Ancho chile powder is made from dried poblano peppers. We like how it adds mild heat and subtle smokiness to the rub on the chicken, but you can use regular chili powder here instead.

BEANS

- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, minced
- 1 teaspoon cumin seeds
- 2 15-ounce cans low-sodium black beans, rinsed
- Juice of 1 lime
- ¼ teaspoon kosher salt

CHICKEN & VEGETABLES

- 16 scallions, trimmed
- 3 medium red bell peppers, cut into 1-inch strips
- 1½ tablespoons extra-virgin olive oil plus 2 teaspoons, divided
- ¾ teaspoon kosher salt, divided
- ¼ teaspoon ground pepper
- 2 8-ounce boneless, skinless chicken breasts, trimmed and halved crosswise
- 1 teaspoon ancho chile powder *(see Tip, page 100)*
- ½ teaspoon ground cinnamon
- ½ teaspoon unsweetened cocoa powder
- 1 teaspoon brown sugar

1. To prepare beans: Heat 1 tablespoon oil in a medium saucepan over medium heat. Add garlic and cumin seeds; cook, stirring, until fragrant and starting to brown, 30 seconds to 1 minute. Stir in beans, lime juice and ¼ teaspoon salt and cook until hot, 2 to 4 minutes. Remove from heat and mash with a potato masher until mostly smooth. Refrigerate ½ cup of the beans for lunch (*see below*). Cover the remaining beans to keep warm.

2. To prepare chicken & vegetables: Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.

3. Toss scallions and bell peppers in a large bowl with 1½ tablespoons oil and ¼ teaspoon each salt and pepper. Transfer to the prepared baking sheet. Broil, stirring twice, until the vegetables are charred, 8 to 12 minutes.

4. Meanwhile, place chicken between 2 large pieces of plastic wrap. Pound with the smooth side of a meat mallet or a heavy saucepan to an even ½-inch thickness. Combine chile powder, cinnamon, cocoa, brown sugar and the remaining ½ teaspoon salt in a small bowl. Brush both sides of the chicken with the remaining 2 teaspoons oil and coat both sides with the spice mixture.

5. Coat a large grill pan or skillet with cooking spray and heat over medium-high heat. Reduce heat to medium and add half the chicken. Cook until an instant-read thermometer inserted in the thickest part registers 165°F, 2 to 4 minutes per side. Repeat with the remaining chicken, reducing the heat if necessary.

6. Divide the beans among 4 plates and top each portion with scallions, bell peppers and chicken.

SERVES 4: 3 oz. chicken, ⅔ cup beans, ¾ cup peppers & 4 scallions each

CAL 396 / **FAT** 14G (SAT 2G) / **CHOL** 63MG / **CARBS** 36G / **TOTAL SUGARS** 11G (ADDED 1G) / **PROTEIN** 32G / **FIBER** 11G / **SODIUM** 464MG / **POTASSIUM** 959MG

Black Bean Tacos Spread the reserved ½ cup beans (*see recipe, above*) on 2 corn tortillas. Top each taco with ¼ cup each chopped romaine lettuce and tomato, 1 Tbsp. each shredded Cheddar cheese and tomato sa sa and a squeeze of lime juice. **SERVES 1 / 344 CAL**

Eating a few weekly servings of oily fish, such as salmon, could put the brakes on hunger. In an *Appetite* study, overweight volunteers ate low-calorie diets, either low in omega-3 fats or high in omega-3s (from three 5-ounce servings of salmon weekly or a daily 1,300mg omega-3 supplement). When asked to rate their fullness and hunger after dinner and again two hours later, the omega-3-heavy eaters reported feeling more full and less hungry. Researchers think omega-3s have a positive effect on appetite-related hormones.

Orange-Sesame Salmon with Quinoa & Broccolini

ACTIVE: 25 min. **TOTAL:** 25 min

No broccolini? Swap it for 8 ounces broccoli florets and roast for 5 minutes in Step 3.

- 1 cup quinoa
- ½ cup orange juice plus ⅓ cup, divided
- 2 scallions, sliced
- 1 bunch broccolini, trimmed
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon kosher salt, divided
- ½ teaspoon ground pepper, divided
- 3 teaspoons toasted sesame oil, divided
- ¼ teaspoon garlic powder
- 5 4-ounce portions wild salmon
- 1 teaspoon black sesame seeds
- 1 tablespoon minced fresh ginger
- 1 tablespoon reduced-sodium tamari
- 1 teaspoon cornstarch

1. Prepare quinoa according to package directions, substituting ½ cup orange juice for ½ cup water. Remove from heat and stir in scallions. Cover to keep warm.
2. Preheat oven to 450°F. Line a rimmed baking sheet with foi .
3. Toss broccolini with oil and ¼ teaspoon each salt and pepper in a large bowl. Transfer to the prepared baking sheet. Roast for 8 minutes.
4. Meanwhile, combine 2 teaspoons sesame oil, garlic powder and the remaining ¼ teaspoon each salt and pepper in a smal bowl. Brush the mixture on sa mon.
5. Push the broccolini to one side of the pan and p ace the salmon on the other side. Bake until the salmon is just cooked through, 5 to 8 minutes. Sprinkle the salmon with sesame seeds. Refrigerate 1 sa mon fil et for lunch (*see below*)
6. Whisk the remaining ⅓ cup orange juice, 1 teaspoon sesame oil, ginger, tamari and cornstarch in a smal microwave-safe bowl. Microwave on High for 1 minute. Divide the quinoa, broccolini and salmon among 4 plates. Drizz e with 2 tablespoons sauce each

SERVES 4: 3 oz. salmon, ¾ cup quinoa & ½ cup broccolini each

CAL 409 / **FAT** 14G (SAT 2G) / **CHOL** 53MG / **CARBS** 39G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 32G / **FIBER** 4G / **SODIUM** 378MG / **POTASSIUM** 976MG

Salmon & Spinach Sandwich with Wasabi Mayo

Whisk 1 Tbsp. reduced-fat mayonnaise with 1 tsp. wasabi powder. Spread on 1 toasted whole-wheat burger bun. Top with the reserved portion of salmon (*see recipe, above*) and ¼ cup baby spinach. **SERVES 1 / 364 CAL**

People who eat grains weigh, on average, 7½ pounds less and have waists that are nearly 1¼ inches smaller than nongrain eaters, per a 2016 study in *Food and Nutrition Sciences*. That's any grain—such as rice like the red rice here, pasta and hot cereal—and it doesn't have to be a whole grain. Researchers suspect that grain fans get more of a type of fiber that is fermented in the gut and produces short-chain fatty acids—aka magical digestion-slowers that squash hunger.

Curried Cauliflower Steaks with Red Rice & Tzatziki

ACTIVE: 30 min **TOTAL:** 1 hr
TO MAKE AHEAD: Refrigerate tzatziki (Step 1) for up to 5 days.

Gone are the days when your rice choices were limited to white, brown and wild rice blend. The aromatic flavor of red rice or brown basmati jibes deliciously with fragrant curry powder.

TZATZIKI
- ¾ cup nonfat plain Greek yogurt
- ¼ cup sour cream
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- ½ teaspoon kosher salt
- ½ medium cucumber, seeded and grated

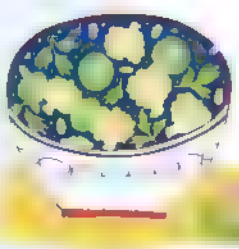
RICE & CAULIFLOWER STEAKS
- 1 cup red rice *or* brown basmati rice
- ⅓ cup extra-virgin olive oil
- 1 tablespoon lemon juice
- 2 teaspoons curry powder
- ½ teaspoon kosher salt
- 2 medium heads cauliflower
- 2 tablespoons chopped fresh cilantro

1. To prepare tzatziki: Whisk yogurt, sour cream, lemon juice, garlic and salt in a medium bowl until smooth. Fold in cucumber. Refrigerate

2. To prepare rice & cauliflower: Preheat oven to 450°F. Line a large rimmed baking sheet with foil.
3. Prepare rice according to package directions. Keep warm.
4. Meanwhile, whisk oil, lemon juice, curry powder and salt in a small bowl.
5. Remove any outer leaves from cauliflower, but keep stems intact. Place on a cutting board, stem-side down. Using a large chef's knife, cut two 1 inch thick slices from the center of each head to make 4 cauliflower "steaks." Cut enough of the remaining cauliflower into ¾-inch florets to get 4 cups. Place the steaks and florets in a single layer on the prepared baking sheet. Brush both sides with the curry mixture.
6. Roast, gently turning halfway through, until the florets are lightly browned and the cauliflower-steak stems are tender, 30 to 35 minutes.
7. Refrigerate the florets and 6 tablespoons tzatziki for lunch (*see below*).
8. Divide the rice among 4 plates and top each portion with a cauliflower steak, ¼ cup tzatziki and a sprinkle of cilantro.

SERVES 4: ¾ cup rice, 1 cauliflower steak & ¼ cup tzatziki each

CAL 410 / **FAT** 21G (SAT 4G) / **CHOL** 6MG / **CARBS** 49G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 10G / **FIBER** 7G / **SODIUM** 317MG / **POTASSIUM** 657MG



Curried Cauliflower Salad Combine the reserved 6 Tbsp. tzatziki (*see recipe, above*) with 1 sliced scallion and ½ tsp. curry powder. Chop the reserved florets; stir into the sauce with ⅓ cup diced cucumber and ¼ cup rinsed canned chickpeas. Serve garnished with cilantro, with a 6-inch whole-wheat pita. **SERVES 1 / 354 CAL**

KAREN ANSEL, M.S., R.D.N., is a nutrition consultant, speaker, journalist and author. Her latest book is *Healing Superfoods for Anti-Aging* (Hearst, Jan. 2017).

The juiciest, sweetest grapefruit hang thick in groves across the Rio Grande Valley right now. Come along to visit one grower who rejected conventional farming to transform his operation into a model for growing citrus organically.

TEXAS REDS GO GREEN

To get to the headquarters of South Tex Organics in the lower Rio Grande Valley, you drive through a subtropical landscape of towering palm trees, red and purple bougainvillea, prickly pear cactus and acre upon acre of citrus groves. The slow-moving Rio Grande River curls through the center of the valley that separates Texas from Mexico.

In midwinter, South Tex Organics's packing shed is piled with mountains of grapefruit. The fruit sits in giant steel containers waiting to be packed into boxes. It is shipped within hours of harvest.

If you cut one apart, you'll see that these grapefruit are exceptional. Iridescent red and glistening with juice, their fragile naked sections fill your mouth with sweet-tart juice and a hint of that refreshing grapefruit bitterness.

The founder of this 700-acre organic farm, Dennis Holbrook, greets visitors with a quiet enthusiasm. He wears faded blue jeans and half-rimmed glasses that flash in the sunlight. "It's been 32 years since we switched to organic." He smiles as the dimple in his chin stands out. "Back then it seemed strange to people in the valley, but we were really just returning to the way things were done in our grandparents' time."

Holbrook has been in the citrus business all his life. At 20, he came home from college to help when his father had health issues. Then, at 23, he took over when his father moved on to more lucrative opportunities in real estate. Throughout the '70s, he continued farming conventionally, spraying chemical herbicides, pesticides and fertilizers on the orchards.

By the early 1980s, Holbrook noticed that the soil was thinner, sandier and a hard, impenetrable surface formed after each rain — a result of using herbicides instead of plowing weeds under. The soil was suffering from the lack of organic matter. Some of his fields tested as low as 0.022% organic content (called humus) that microorganisms form from decomposing plants. Holbrook consulted historical records and found that the sandy loam of the area contained around 2.5% humus in the 1950s.

BY **ROBB WALSH**

FOOD PHOTOGRAPHY BY ELLEN SILVERMAN

SUGAR SPIKE
The first late-fall frost causes sugar levels to spike, making winter-harvested grapefruit super-sweet. Picking continues throughout the spring—provided the fruit doesn't freeze.

Texas is only bested by Florida for overall grapefruit production and Dennis Holbrook (*left*) is the leading organic grower in the state. Even organic grapefruit can have traces of natural pesticides, but the thick skin prevents them from getting to the fruit inside. If you plan on eating the skin or zest (as in Texas Red Grapefruit Marmalade, page 74), choose organic fruit and give it a scrub before using.

LOCATION PHOTOGRAPHY: HODY BURTON; PAGE 68: MAREN CARUSO

It seemed that the conventional farming methods were literally starving the soil.

Holbrook asked local agricultural extension agents about organic growing methods. They had no advice for him. His neighbors thought he was kooky. But Holbrook persevered because along with the soil health, he had another concern—keeping the business afloat. The price of Texas red grapefruit was falling. Record crops in 1981 and 1982 had created a massive oversupply. Holbrook thought going organic might be a way to command a higher price.

Another big motivation came when researchers from Texas Tech University asked if Holbrook's farm workers would participate in a study on residual pesticides. Holbrook volunteered to be tested too. "The pesticide residue level in my blood was off the charts," he said. "It was very scary."

Holbrook became a true believer. He started mulching his trees and using fewer chemicals. Then, in 1983, a freeze wiped out the area citrus groves. With citrus prices low and real estate prices high, many farmers pocketed the crop insurance money and sold off their groves to developers.

Holbrook saw it as an opportunity to start over from scratch. Using insurance money, he planted 60 acres of grapefruit and founded South Tex Organics. Amending the soil in his orchards with tons of composted waste fruit and shredded tree trimmings, he watched the soil thrive.

Whole Foods was one of his first customers. But it only had two stores at the time and other local markets weren't interested in organic fruit. Holbrook knew he had to look elsewhere for a market and believed that if he could just get people to sample the fruit and taste how sweet it was they'd buy it. Texas grapefruit are sweeter than grapefruit grown elsewhere because they have a lower ratio of acid to sugar. Growers brag that they've "taken the pucker out of grapefruit."

So Holbrook packed up samples and sent them to brokers in California. "I didn't get a response right away, so I thought it was hopeless," he said. Turns out the citrus pros were initially skeptical—after all, Southern California is the citrus capital of the country. "But after they actually tasted the fruit, they got back to me right away with a nice order. Things took off from there."

Today demand for organic Texas red grapefruit is strong, Holbrook's operation has boomed and other growers in the valley have gone organic as well.

There is of course the specter of citrus greening, a disease spread by tiny insects known as psyllids, which has devastated Florida's citrus groves. It was first detected in Texas in 2012. "Luckily, greening hasn't spread as fast in Texas as it did in Florida," Holbrook explained.

Researchers have found ways to combat the disease organically. The University of Florida imported the tiny *Tamarixia radiata* wasp, the psyllids' main predator, from Asia in 1998. Hundreds of thousands of these wasps were bred in greenhouses and in 2012 the wasp air force was deployed in Texas. Holbrook believes it has helped keep greening there under control.

As you survey the citrus farms in the valley, conventional groves still outnumber organic. Holbrook has taken on a bigger role, advocating for that to change. "In the last few years, as more and more conventional citrus growers here in the valley have begun to switch over, I've gotten a lot of satisfaction out of helping them learn how to grow organic."

Holbrook's bet on organics raised eyebrows in South Texas 30 years ago, but in another 30 years, it may be the best bet in the Rio Grande Valley.

ROBB WALSH *is the James Beard Award-winning author of* Legends of Texas Barbecue Cookbook *(Chronicle Books).*

Chicken Fajitas with Red Grapefruit Salsa

ACTIVE: 1 hr **TOTAL:** 2 hrs (including 1 hr marinating time) **TO MAKE AHEAD:** Prepare salsa without cilantro (Step 1) and marinate chicken (Steps 2-3) up to 2 hours ahead

This Tex-Mex staple gets a fresh spin with a sweet, tart and spicy grapefruit salsa. If you like, skip the fajitas altogether and serve the salsa on fish, steak or even with a bowl of chips. Adjust the amount of jalapeño to tailor the heat level.

RED GRAPEFRUIT SALSA

- 2 large red grapefruit (about 1 pound each)
- 1 medium tomato, finely chopped
- 1 cup diced green *and/or* yellow bell pepper
- 1 jalapeño pepper, minced
- ½ cup chopped red onion
- 2 tablespoons lime juice
- ½ teaspoon salt
- 2 tablespoons chopped fresh cilantro

FAJITAS

- 4 8-ounce boneless, skinless chicken breasts
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 tablespoon Mexican oregano, crumbled
- ¾ teaspoon salt
- Ground pepper to taste
- 16 warm corn *or* flour tortillas
- Sliced radishes *and/or* jicama for garnish

1. To prepare salsa: Working over a medium nonreactive bowl, (*see Tip, page 73*), supreme grapefruit (*see page 100*). Squeeze the membranes to extract any extra juice. Drain all the juice into a separate bowl and set aside. Add tomato, bell pepper, jalapeño, onion, lime juice and ½ teaspoon salt to the fruit; mix well. Refrigerate for at least 30 minutes and up to 2 hours. Stir in cilantro just before serving.

2. To prepare fajitas: Cut chicken in half horizontally, holding the knife parallel to the cutting board. Place the chicken between 2 large pieces of plastic wrap. Pound with the smooth side of a meat mallet or a heavy saucepan to an even ¼-inch thickness.

3. Combine oil, garlic, oregano and the reserved grapefruit juice in a large shallow nonreactive dish. Add the chicken to the marinade; turn to coat well. Cover and refrigerate for at least 1 hour and up to 2 hours.

4. Preheat grill to medium-high or heat a grill pan over medium-high heat. Remove the chicken from the marinade and let stand at room temperature while the grill heats. (Discard marinade.)

5. Season the chicken with salt and pepper. Oil the grill rack (or pan). Grill the chicken, turning once, until just cooked through, 5 to 7 minutes total.

6. Transfer the chicken to a clean cutting board. Slice crosswise into ½-inch-thick strips. Serve with tortillas and the grapefruit salsa, garnished with radishes and/or jicama, if desired.

SERVES 8: 2 tacos each

CAL 285 / **FAT** 7G (SAT 1G) / **CHOL** 83MG / **CARBS** 28G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 29G / **FIBER** 4G / **SODIUM** 438MG / **POTASSIUM** 621MG.

Vietnamese Grapefruit & Pork Salad (Pork Goi Buoi)

ACTIVE: 1 hr **TOTAL:** 1 hr

Goi buoi is a Vietnamese salad typically made with pomelo, a thick-skinned but super-sweet citrus fruit. Given that the Lone Star State has one of the largest Vietnamese populations in the country, it's a perfect fit to make this light dinner salad with sweet Texas red grapefruit instead.

PORK TENDERLOIN

- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon ground pepper
- 1 pound pork tenderloin, trimmed
- 1 tablespoon extra-virgin olive oil

DRESSING & SALAD

- 2 large red grapefruit (about 1 pound each)
- 2 cloves garlic, minced
- 1 fresh red Thai chile, minced
- 1 small shallot, minced, plus ½ cup very thinly sliced shallot, divided
- 4 tablespoons lime juice
- 2 tablespoons fish sauce
- 2 tablespoons sugar
- 1 cup julienned carrot
- 1 cup celery, thinly sliced diagonally
- 1 cup seeded and julienned cucumber
- 1 cup julienned red *and/or* yellow bell pepper
- ¼ cup fresh Thai basil
- ¼ cup fresh cilantro
- ¼ cup fresh mint
- 6 cups trimmed watercress
- ¼ cup unsalted peanuts, coarsely chopped

1. Preheat oven to 425°F.

2. To prepare pork: Combine garlic powder, onion powder and pepper in a small bowl. Season pork on all sides with the spice mixture. Heat oil in a large skillet over medium-high heat. Add pork and cook until browned on all sides, 3 to 4 minutes total. Transfer the pan to the oven. Roast until an instant-read thermometer inserted in the thickest part registers 140°F, 10 to 14 minutes. Let the pork rest on a clean cutting board for 30 minutes. Cut into ¼-inch-thick slices.

3. To prepare dressing: Meanwhile, working over a medium nonreactive bowl (*see Tip, page 73*), suprême grapefruit (*see page 100*). Squeeze the membranes to extract the juice. Using a slotted spoon, transfer the segments to another bowl, leaving the juice behind. Add garlic, chile, minced shallot, lime juice, fish sauce and sugar to the juice.

4. To prepare salad: Combine sliced shallot, carrot, celery, cucumber, bell pepper, basil, cilantro and mint in a large bowl; toss with two-thirds of the dressing. Add the grapefruit; gently toss to combine.

5. Divide watercress among 4 plates and top with the salad and the pork. Garnish with peanuts. Drizzle with the remaining dressing.

SERVES 4: 3 oz. pork & 3 cups salad each

CAL 355 / **FAT** 11G (SAT 2G) / **CHOL** 74MG / **CARBS** 36G / **TOTAL SUGARS** 20G (ADDED 7G) / **PROTEIN** 31G / **FIBER** 6G / **SODIUM** 719MG / **POTASSIUM** 1,228MG.

Red Grapefruit Salad with Avocado & Pistachios

ACTIVE: 20 min **TOTAL:** 20 min

The simplicity of this salad really lets the flavors of the grapefruit and avocado shine through. If you haven't tried chervil, it's worth seeking out. The herb looks like lacy parsley and, though subtle, has hints of licorice and anise with a touch of basil. (Recipe by Nora Singley.)

- 3 large red grapefruit (about 1 pound each)
- 2 tablespoons white balsamic vinegar
- 1 tablespoon finely chopped shallot
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon kosher salt
- Freshly ground pepper to taste
- 2 firm ripe avocados, thinly sliced
- ⅓ cup unsalted roasted shelled pistachios
- ¼ cup fresh chervil *or* 1 small bunch red watercress, trimmed
- Maldon *or* other flaky salt for serving

1. Remove skin and white pith from grapefruit with a sharp knife and discard. Cut each grapefruit into ½-inch-thick round slices.
2. Whisk vinegar, shallot, honey and mustard in a medium bowl. In a slow, steady stream, whisk in oil until well combined. Season with kosher salt and pepper.
3. Arrange the grapefruit slices, avocado slices, pistachios and chervil (or watercress) on a serving platter. Drizzle with the dressing. Serve sprinkled with Maldon salt and more pepper, if desired.

SERVES 6: 1 cup each

CAL 272 / **FAT** 20G (SAT 3G) / **CHOL** 0MG / **CARBS** 23G / **TOTAL SUGARS** 11G (ADDED 1G) / **PROTEIN** 4G / **FIBER** 7G / **SODIUM** 71MG / **POTASSIUM** 577MG

TIP: Be sure to use a nonreactive pan, baking dish or bowl—stainless-steel, enamel-coated or glass—when working with acidic food like grapefruit. Reactive vessels, such as aluminum and cast-iron, can impart off colors and/or flavors.

Grapefruit Rx

If you're taking medications, be aware that eating grapefruit (or drinking grapefruit juice) can interfere with drugs that lower cholesterol or blood pressure, antihistamines, and others. Grapefruit may increase or decrease the absorption of certain meds; check with your pharmacist or health professional to see if you need to find out about potential dangers.

Texas Red Grapefruit Marmalade

ACTIVE: 50 min **TOTAL:** 1 hr 50 min (including cooling time) **TO MAKE AHEAD:** Refrigerate for up to 1 month. **EQUIPMENT:** Cheesecloth

Grapefruit marmalade has an intense flavor and marked bitterness—mostly from the white pith beneath the skin. Small grapefruit have less pith so you'll end up with tamer results.

- 2 small red organic grapefruit (about 12 ounces each), washed and dried
- 2½ cups granulated sugar
- 2 cups water

1. Place a saucer and 2 small spoons in the freezer for testing the marmalade thickness later. **2.** Cut 1 inch off both ends of each grapefruit and reserve. Cut the fruit into very thin round slices. Coarsely chop half the slices; cut the remaining slices into quarters. Reserve any seeds. Reserve any juice that accumulates on the cutting board. **3.** Wrap the reserved ends and seeds in a double layer of cheesecloth and tie closed. Place in a large nonreactive pot (*see Tip, page 73*). Add the fruit, the reserved juice, sugar and water. Cook over medium heat, stirring frequently, until the sugar is completely dissolved, 2 to 3 minutes. **4.** Increase heat to high and boil rapidly, stirring frequently and scraping the bottom with a heatproof spatula to prevent sticking, until the mixture thickens and most of the fruit separates from the peels, about 15 minutes. Remove from heat. **5.** To test, place a little of the liquid (without any solids) on a frozen spoon. Rest it on the saucer and return to the freezer for 3 to 4 minutes. Then drop the sample onto the saucer: if it's thick enough to mound without quickly running or spreading, the marmalade is ready. If it's runny, return the pot to a boil and cook for another 3 to 5 minutes before testing again. **6.** When the marmalade passes the thickness test, discard the cheesecloth bag. Let cool completely before serving or refrigerating.

MAKES: about 2 cups (1 Tbsp. serving)

CAL 65 / **FAT** 0G (SAT 0G) / **CHOL** 0MG / **CARBS** 17G / **TOTAL SUGARS** 17G (ADDED 16G) / **PROTEIN** 0G / **FIBER** 0G / **SODIUM** 1MG / **POTASSIUM** 18MG.

Grapefruit & Red Snapper Ceviche

ACTIVE: 30 min **TOTAL:** 2½ hrs (including 2 hrs marinating time)
TO MAKE AHEAD: Marinate ceviche for up to 4 hours

Ceviche is made by "cooking" raw fish in an acidic marinade like this grapefruit one. Freezing fish for at least 24 hours kills any parasites, so either buy it frozen or freeze it before making the recipe. For the most sustainable options, buy red snapper from the Gulf of Mexico or Hawaii or use Pacific halibut instead.

- 1 pound frozen red snapper, skinned
- 3 small red grapefruit (about 12 ounces each), washed and dried
- ¼ cup lime juice, preferably Key lime
- 1½ tablespoons extra-virgin olive oil
- 2 teaspoons sliced serrano chile, or to taste
- 1 teaspoon sea salt
- ½ teaspoon ground pepper
- ¾ cup finely chopped red bell pepper
- ⅓ cup finely chopped red onion
- 1 firm ripe avocado, diced
- 2 tablespoons chopped fresh cilantro, plus sprigs for garnish
- Lime slices for garnish
- Tortilla chips and/or jicama slices for serving (optional)

1. Place fish in the refrigerator for 30 minutes to thaw slightly. **2.** Meanwhile, grate 1 teaspoon zest from a grapefruit. Working over a large nonreactive bowl (*see Tip, page 73*), supreme all the grapefruit (*see page 100*), squeeze the membranes to extract any extra juice. Gently stir the zest, lime juice, oil, chile, salt and pepper into the fruit. **3.** Dice the fish into ½-inch pieces. Add the fish, bell pepper and onion to the grapefruit mixture; gently stir to combine. Marinate in the refrigerator for at least 2 hours and up to 4 hours, stirring a few times so the fish "cooks" evenly. **4.** To serve, gently stir in avocado and cilantro. Garnish with cilantro sprigs and lime slices, if desired. Serve with tortilla chips and/or jicama, if desired.

SERVES 6 / ⅔ cup each

CAL 190 / **FAT** 7G (SAT 1G) / **CHOL** 30MG / **CARBS** 10G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 12G / **FIBER** 3G / **SODIUM** 167MG / **POTASSIUM** 488MG.

TART-TASTIC. Find more fresh grapefruit recipes at eatingwell.com/webextra

STYLING: CHRISTINE ALBANO; FOOD: KATLYN DU ROSS WALKER (TOP)

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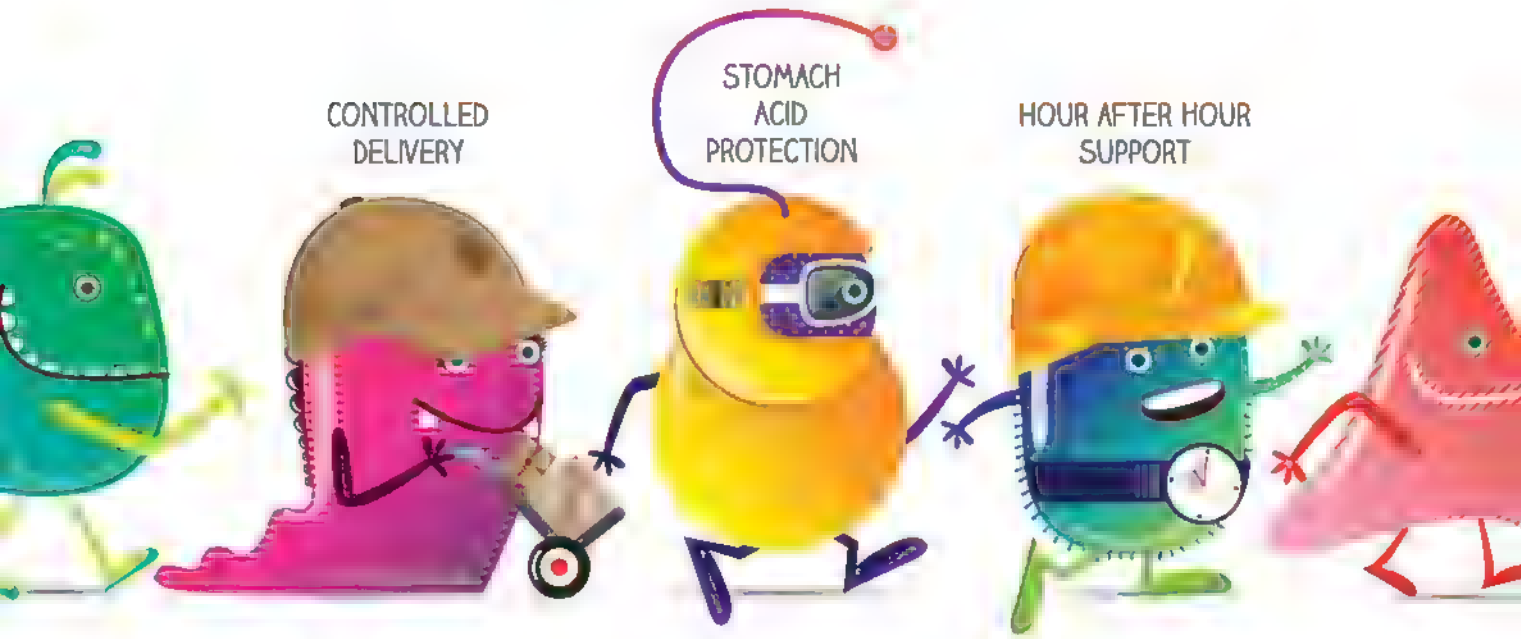

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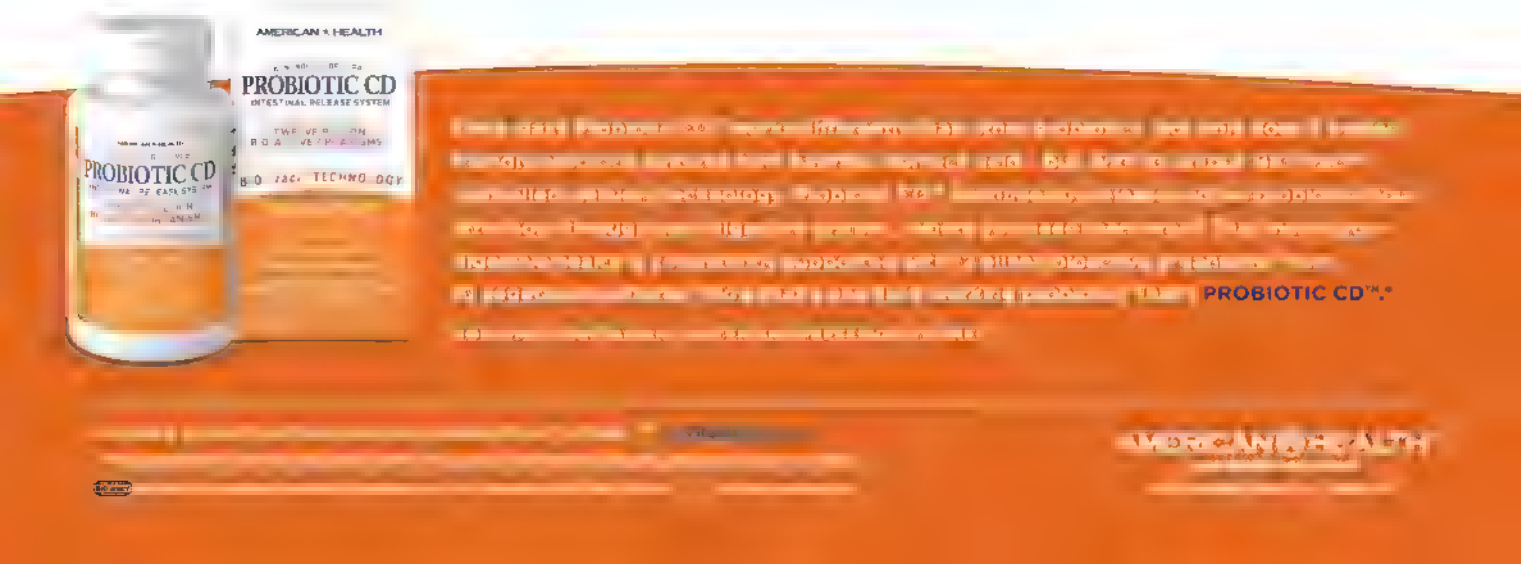


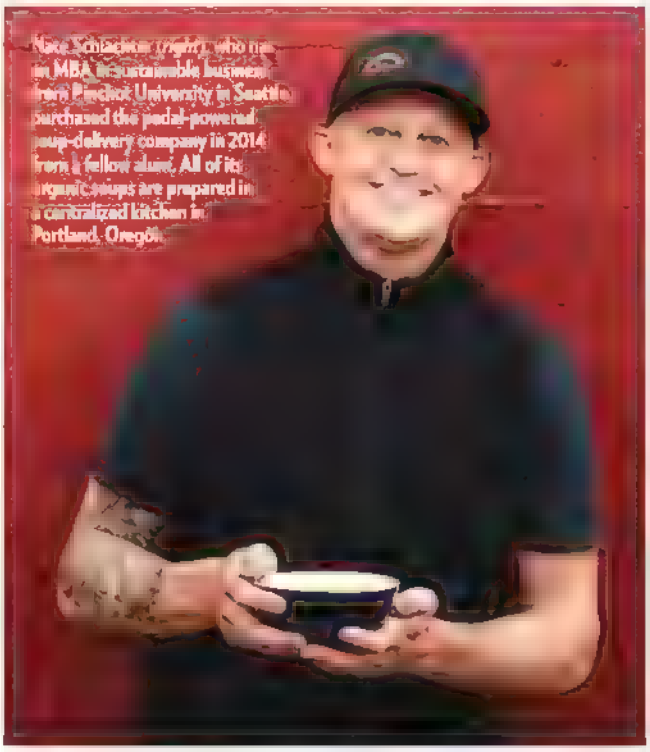
The Soup
Pe

Location Photos by Leah Nash

THE ULTIMATE CONVENIENCE: HEARTY SOUPS DROPPED AT YOUR DOOR EACH WEEK BY THESE GUYS. IF YOU'RE NOT IN RANGE, TRY THEIR RECIPES NOW!

BY DANIELLE CENTONI

rillers of Portland



Nate Schlachter (right), who has an MBA in sustainable business from Pinchot University in Seattle, purchased the pedal-powered soup-delivery company in 2014 from a fellow alum. All of its organic soups are prepared in a centralized kitchen in Portland, Oregon.

Steam billows at a steady pace from a fleet of simmering stainless-steel pots. The chef stirs Brazilian black bean soup, releasing a fragrant cloud of cumin, garlic and molasses. After spending the previous day prepping ingredients—mincing fresh herbs, making stock, soaking beans—SoupCycle's team of four cooks is in the midst of its weekly production run. They spend three full days turning organically grown ingredients (sourced just miles from the Portland, Oregon, kitchen) into a collection of globally inspired soups. The soups will be ladled into 28-ounce containers and delivered via bicycle to more than 600 grateful customers in the area.

SoupCycle, a meal-delivery service with a strong sustainability mission, used over 15 tons of produce in 2015—all organic—to make 200 gallons of soup each week. "We're at a point now that we're big enough to make a difference when it comes to sourcing," says owner Nate Schlachter. "My first commitment is to organic produce, which has the biggest positive impact when it comes to the environment."

There are no shortcuts at SoupCycle. Customers place their orders by Friday for delivery the following week. Then, from Saturday through Monday, the cooks make relatively small, 7-gallon batches of soup, giving each one enough time to simmer and intensify its flavor.

Starting Monday, staffers from Portland's fast-growing B-Line bike delivery company pack the soups into cargo trikes and pedal them to customers through the bikeways crisscrossing Portland. "Since 2008 we have made just under 200,000 deliveries," Schlachter says. For years the company used its own cargo bike trailers, but recently partnered with B-Line to keep up with demand. Resorting to trucks or vans, however, was never an option. "There are just so many benefits of deliveries by bicycle," says Schlachter. "It's our business model not to contribute to increased traffic congestion or CO_2 emissions and at this point, the bicycle is central to our identity."

SoupCycle, now in its tenth year, has branched out into nearby Corvallis and Bend. Soupetarians (as the outfit calls its customers) can also order breads, sides, salads and snacks. And with an average of 1,000 orders a month—from busy families to harried office workers stuck at their desks—there's clearly no shortage of demand for healthy meals delivered right to your door.

"That's exactly why we're doing what we're doing," says Schlachter. "I know what it's like. I'm a dad. I have a 6-year-old and my wife works too. We have those nights when we're like, 'What are we doing for dinner?'"

Those of us crunched on time who can't take advantage of SoupCycle delivery can make our own big batch of their soups—from kielbasa & cabbage to Thai coconut curry—with these recipes, and have lunches and dinners all week long.

DANIELLE CENTONI *is a writer, editor and recipe developer based in Portland, Oregon.*

Four-Bean & Pumpkin Chili

ACTIVE: 45 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Refrigerate for up to 5 days; freeze for up to 6 months

This vegetarian chili has a fragrant touch of cinnamon. Let diners top it with whatever suits their taste.

- 1 tablespoon extra-virgin olive oil
- 3 cups chopped onion
- 1½ cups chopped carrot
- 3 large cloves garlic, minced
- 4 cups low-sodium vegetable broth
- 3 cups diced pumpkin *or* butternut squash
- 1 28-ounce can no-salt-added crushed tomatoes
- 4 15-ounce cans low-sodium beans, such as black, great northern, pinto *and/or* red, rinsed
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- ¾ teaspoon salt
- ¼ teaspoon cayenne pepper, or to taste
- Diced onion, sliced jalapeños, cotija cheese *and/or* pepitas for garnish

1. Heat oil in a large pot over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Reduce heat to medium, add carrot and continue cooking, stirring often, until the vegetables are soft, 4 to 5 minutes more. Add garlic and cook, stirring, for 1 minute.

2. Stir in broth, scraping up any browned bits, and bring to a boil over high heat. Add pumpkin (or squash), tomatoes, beans, chili powder, cumin, cinnamon, salt and cayenne (if using). Cover and return to a boil. Reduce heat to maintain a gentle simmer and cook, uncovered, until the pumpkin (or squash) is tender, about 30 minutes.

3. Serve garnished with onion, jalapeños, cheese and/or pepitas, if desired

SERVES 8: about 1½ cups each

CAL 276 / **FAT** 3G (SAT 0G) / **CHOL** 0MG / **CARBS** 49G / **TOTAL SUGARS** 10G (ADDED 0G) / **PROTEIN** 14G / **FIBER** 17G / **SODIUM** 509MG / **POTASSIUM** 1,072MG

Get it on January 11

Look for *EatingWell Soups* on newsstands for 80 more delicious, healthy recipes or go to *EatingWell.com/SoupBook* for a digital copy plus $1 off the cover price.

Roasted Cauliflower & Potato Curry Soup

ACTIVE: 50 min **TOTAL:** 1½ hrs
TO MAKE AHEAD: Refrigerate for up to 5 days.

In this curried soup, roasting the cauliflower first adds depth and prevents the florets from turning to mush. A little tomato sauce and coconut milk give the broth a rich, silky texture.

- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1½ teaspoons ground cinnamon
- 1½ teaspoons ground turmeric
- 1¼ teaspoons salt
- ¾ teaspoon ground pepper
- ⅛ teaspoon cayenne pepper
- 1 small head cauliflower, cut into small florets (about 6 cups)
- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, chopped
- 1 cup diced carrot
- 3 large cloves garlic, minced
- 1½ teaspoons grated fresh ginger
- 1 fresh red chile pepper, such as serrano or jalapeño, minced, plus more for garnish
- 1 14-ounce can no-salt-added tomato sauce
- 4 cups low-sodium vegetable broth
- 3 cups diced peeled russet potatoes (½-inch)
- 3 cups diced peeled sweet potatoes (½-inch)
- 2 teaspoons lime zest
- 2 tablespoons lime juice
- 1 14-ounce can coconut milk
- Chopped fresh cilantro for garnish

1. Preheat oven to 450°F
2. Combine coriander, cumin, cinnamon, turmeric, salt, pepper and cayenne in a small bowl. Toss cauliflower with 1 tablespoon oil in a large bowl, sprinkle with 1 tablespoon of the spice mixture and toss again. Spread in a single layer on a rimmed baking sheet. Roast the cauliflower until the edges are browned, 15 to 20 minutes. Set aside.
3. Meanwhile, heat the remaining 1 tablespoon oil in a large pot over medium-high heat. Add onion and carrot and cook, stirring often, until starting to brown, 3 to 4 minutes. Reduce heat to medium and continue cooking, stirring often, until the onion is soft, 3 to 4 minutes. Add garlic, ginger, chile and the remaining spice mixture. Cook, stirring, for 1 minute more.
4. Stir in tomato sauce, scraping up any browned bits, and simmer for 1 minute. Add broth, potatoes, sweet potatoes, lime zest and juice. Cover and bring to a boil over high heat. Reduce heat to maintain a gentle simmer and cook, partially covered and stirring occasionally, until the vegetables are tender, 35 to 40 minutes.
5. Stir in coconut milk and the roasted cauliflower. Return to a simmer to heat through. Serve garnished with cilantro and chiles, if desired.

SERVES 8: about 1½ cups each

CAL 272 / **FAT** 15G (SAT 10G) / **CHOL** 0MG / **CARBS** 33G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 7G / **SODIUM** 509MG / **POTASSIUM** 911MG.

Brazilian Black Bean Soup

ACTIVE: 1 hr **TOTAL:** 1½ hrs
TO MAKE AHEAD: Refrigerate for up to 5 days; freeze for up to 6 months

Brazil's cuisine often features smoky, grilled meats, but this hearty bean soup is completely meat-free. Instead, blackened jalapeños, fire-roasted tomatoes and smoked paprika recreate that Brazilian flair. A little molasses adds a sweet-toasty note, and the kale, while not traditional, bumps up your daily veggie count.

- 2 jalapeño peppers
- 2 tablespoons extra-virgin olive oil
- 3 cups chopped onion
- 1½ cups diced carrot
- 5 cloves garlic, minced
- 4 cups low-sodium vegetable broth
- 4 15-ounce cans low-sodium black beans, rinsed
- 1 28-ounce can fire-roasted diced tomatoes
- 3 tablespoons molasses
- 2 tablespoons lime zest
- 5 tablespoons lime juice
- 1½ teaspoons ground cumin
- 1½ teaspoons smoked paprika
- ⅛ teaspoon cayenne pepper, or to taste
- 3 bay leaves
- 1 teaspoon salt
- ¾ teaspoon ground pepper
- 4 cups chopped kale

Chopped scallions & chopped fresh tomato for garnish

1. Heat a medium skillet over high heat. Split jalapeños in half lengthwise, remove ribs and seeds, and place skin-side down in the pan. Carefully cover the pan with foil and cook until the skins are blackened, 7 to 10 minutes. Let cool, then dice.

2. Meanwhile, heat oil in a large pot over medium-high heat. Add onion and carrot and cook, stirring often, until starting to brown, 6 to 8 minutes. Reduce heat to medium and continue cooking, stirring often, until soft, 3 to 5 minutes more. Add garlic and the diced jalapeños and cook, stirring, for 1 minute more.

3. Stir in broth, scraping up any browned bits. Cover and bring to a boil over high heat. Add beans, tomatoes, molasses, lime zest and juice, cumin, paprika, cayenne, bay leaves, salt and pepper. Cover and return to a boil. Reduce heat to maintain a gentle simmer and cook, uncovered, for 30 minutes.

4. Remove bay leaves. Puree 4 cups of the soup in a blender (use caution when pureeing hot liquids), then stir it back into the pot. Stir in kale, cover, and simmer until tender, about 5 minutes. Serve garnished with scallions and tomatoes, if desired.

SERVES 8: About 1½ cups each

CAL 296 , **FAT** 5G (SAT 1G) / **CHOL** 0MG / **CARBS** 50G / **TOTAL SUGARS** 14G (ADDED 7G) / **PROTEIN** 13G / **FIBER** 13G , **SODIUM** 716MG , **POTASSIUM** 776MG.

Chicken, Mushroom & Rice Soup

ACTIVE: 1 hr **TOTAL:** 4 hrs

TO MAKE AHEAD: Refrigerate stock and shredded chicken separately for up to 4 days.

For this chicken soup you start with raw chicken to make stock from scratch. If you're short on time, skip Steps 1-2 and use 12 cups low-sodium chicken stock and about 1½ pounds shredded cooked chicken in Step 4.

CHICKEN STOCK

- 1 5-pound whole chicken, cut into 8 pieces, *or* 5 pounds bone-in chicken parts
- 1 large onion, coarsely chopped
- 2 large carrots, coarsely chopped
- 2 stalks celery, coarsely chopped
- 4 cloves garlic, smashed
- 2 bay leaves
- ½ bunch flat-leaf parsley
- 6 sprigs fresh thyme
- 14 cups cold water

SOUP

- 1 tablespoon extra-virgin olive oil
- 1½ cups diced onion
- 4 large cloves garlic, minced
- 1½ cups wild rice blend
- 1 cup diced carrot
- 1 cup diced celery
- 1¾ teaspoons salt
- ½ teaspoon ground pepper
- 6 ounces cremini mushrooms, sliced
- ½ cup chopped flat-leaf parsley
- 1 tablespoon chopped fresh thyme

1. To prepare stock: Place chicken, coarsely chopped onion, carrots and celery, smashed garlic, bay leaves, parsley and thyme sprigs in a large stockpot. Add water. Bring almost to a boil over high heat. Immediately reduce heat to a gentle simmer and cook, uncovered, for 2 hours, periodically skimming off any foam that rises to the top.

2. Remove the chicken to a clean cutting board. When cool enough to handle, pick the meat off the bones, shred and reserve. Strain the stock through a fine-mesh sieve and discard the solids. (You should have about 12 cups.)

3. To prepare soup: Heat oil in a large pot over medium-high heat. Add onion and cook, stirring often, until starting to brown, 3 to 4 minutes. Reduce heat to medium and continue cooking, stirring often, until the onion is soft, about 5 minutes. Add garlic and cook, stirring, about 1 minute more.

4. Stir in the stock, scraping up any browned bits. Add rice, carrot, celery, salt and pepper. Cover and bring to a boil over high heat. Reduce heat to a simmer and cook, covered, until the rice is just tender, 25 to 30 minutes. Add mushrooms, parsley, thyme and the reserved shredded chicken and cook until the mushrooms are tender, 5 to 8 minutes.

SERVES 8: about 2 cups each

CAL 379 / **FAT** 11G (SAT 3G) / **CHOL** 82MG , **CARBS** 29G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 40G / **FIBER** 3G / **SODIUM** 738MG / **POTASSIUM** 605MG.

Thai Coconut Curry Soup

ACTIVE: 50 min **TOTAL:** 50 min
TO MAKE AHEAD: Refrigerate for up to 5 days.

This version of* tom kha *is vegetarian and flavored with Thai red curry paste. Instead of using fish sauce, we simmer dried shiitakes in vegetable broth to add an umami note.

- 6 cups low-sodium vegetable broth, divided
- ¾ ounce dried shiitake mushrooms
- 1 tablespoon extra-virgin olive oil
- 1½ cups chopped onion
- 2 teaspoons grated fresh ginger
- 2 jalapeño peppers, minced
- 1½ tablespoons Thai red curry paste
- 1½ tablespoons reduced-sodium tamari
- 1½ teaspoons lime zest
- ¼ cup lime juice
- ½ teaspoon salt
- 2¼ cups coconut milk
- 12 ounces diced extra-firm tofu (½-inch)
- 3 ounces fresh oyster mushrooms *or* other wild mushrooms, chopped
- 4 cups chopped mature spinach (5 ounces)
- Fresh cilantro for garnish

1. Combine 1 cup broth and dried shiitakes in a small saucepan. Bring to a boil over medium-high heat. Cover, reduce heat to maintain a simmer and cook for 10 minutes. Strain the broth through a coffee filter (or a double layer of cheesecloth) to catch the grit, and squeeze the mushrooms to extract as much liquid as possible. Reserve the cooking liquid and chop the mushrooms.

2. Meanwhile, heat oil in a large pot over medium-high heat. Add onion and cook, stirring frequently, until starting to brown, 2 to 4 minutes. Reduce heat to medium and continue cooking, stirring often, until the onion is soft, 3 to 5 minutes. Stir in the remaining 5 cups broth, scraping up any browned bits. Cover and bring to a boil over high heat. Add ginger, jalapeños, curry paste, tamari, lime zest and juice, salt and the reserved mushroom-cooking liquid. Cover and return to a boil.

3. Reduce heat to medium and add coconut milk, tofu, fresh mushrooms and the soaked shiitakes; return to a simmer and cook, partially covered, until the mushrooms are tender, 3 to 5 minutes. Stir in spinach and cook until wilted, 2 to 3 minutes more. Serve garnished with cilantro, if desired.

SERVES 8: about 1½ cups each

CAL 226 / **FAT** 18G (SAT 13G) / **CHOL** 0MG / **CARBS** 12G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 3G / **SODIUM** 475MG / **POTASSIUM** 429MG.

Kielbasa & Cabbage Soup

ACTIVE: 1 hr **TOTAL:** 1½ hrs
TO MAKE AHEAD: Refrigerate for up to 4 days.

This Eastern European soup (called* kapusniak *in Polish) is traditionally made with sauerkraut. To keep the sodium in check we use fresh cabbage and save the sauerkraut for a deliciously salty-sour garnish. **(Photo: page 81, right.)**

- 8 ounces kielbasa
- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onion
- 2 cups diced carrot
- ¾ cup diced celery
- 2 large cloves garlic, minced
- 8 cups quartered and thinly sliced cabbage (about 1 pound)
- 8 cups low-sodium chicken broth
- 4 cups diced peeled russet potatoes
- ¼ cup chopped fresh dill
- 1½ teaspoons caraway seeds, toasted and ground
- 1½ teaspoons smoked paprika
- ¾ teaspoon ground pepper
- ½ teaspoon salt
- 2 tablespoons white-wine vinegar
- Fresh sauerkraut *and/or* sour cream for garnish

1. Cut kielbasa in half lengthwise, then crosswise into ¼-inch-thick slices. Cook in a large pot over medium-high heat, stirring, until browned and the fat has rendered, about 5 minutes. Transfer to a plate with a slotted spoon.

2. Add oil, onion, carrot and celery to the pot and cook, stirring often, until starting to brown, about 5 minutes. Reduce heat to medium and continue cooking, stirring often, until the vegetables are soft, about 4 minutes more. Add garlic and cook, stirring, for 1 minute. Add cabbage and cook, stirring occasionally, until slightly wilted, about 3 minutes.

3. Add broth, potatoes, dill, caraway, paprika, pepper and salt. Cover and bring to a boil. Reduce heat to maintain a simmer and cook, uncovered, until the potatoes are tender, about 30 minutes. Stir in vinegar and the kielbasa. Serve topped with sauerkraut and/or sour cream, if desired.

SERVES 8: about 1½ cups each

CAL 222 / **FAT** 7G (SAT 2G) / **CHOL** 13MG / **CARBS** 31G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 12G / **FIBER** 5G / **SODIUM** 509MG / **POTASSIUM** 847MG.

STYLING: KELSEY MCLAY FOOD: SUE MITCHELL PROPS:

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FLYING THE COOP

Suddenly, everyone from McDonald's to Walmart is declaring their commitment to cage-free eggs. Is this huge change in how the United States produces eggs all it's cracked up to be? **By Rachael Moeller Gorman**

It's 5:30 a.m , and the fluorescent lights inside the Midwestern chicken house flicker on. The hen in cage 405 wakes to the whir of ventilation fans and a slight scent of ammonia, wing-to-wing with five other hens in a microwave-oven-sized enclosure. The feed belt in front of her pen starts rolling past, so she sticks her head through the bars and pecks the soy/corn mixture. She is 19 weeks old, and has just arrived from the pullet- (young hen) raising facility. But now she is ready to lay her first egg.

Hens prefer some privacy when laying, but since there is no nest or secluded area in which to sit, the Lohmann LSL white hen just deposits her egg on the wire floor of the cage. It rolls down a 6- degree slope to a conveyor belt. The egg eventually joins others from the 10 rows of cages stacked eight high that run the extent of the house – about the length of two 747 planes resting nose-to- tail. Eggs from all 200,000 hens steadily proceed to the end of the house, where they are washed, sanitized with a light chlorine solution, visually

PECKING ORDER. In a cage-free environment like this one, hens have more freedom to assert themselves and peck at less-dominant flock mates. Called pecking order, it's a natural behavior, but critics of cage-free systems say it hinders a flock's overall welfare.

inspected and graded by weight. The eggs are mechanically placed in cartons and dispatched in refrigerated trucks to grocery stores.

The rest of the day, the hen stands in her cage. She fiddles with her feed belt. She sips at her water nipple. She poops through the wire floor onto another belt, a manure belt that removes the waste out of the house to a storage area. She can't move or spread her wings very much. She can't dust-bathe to work dirt through her feathers, which she often feels the urge to do. She can't perch up high to avoid predators, real or imagined.

Every day is the same, and, as the weeks go by, her bones grow brittle because she can't move around. Her feathers rub off on the sides of the cage.

Still, she survives, maybe longer than in the wild with predators or diseases. At 78 weeks old, when her eggshells grow thin, she is sacrificed — or, as the poultry people put it, the house is "depopulated" (usually becoming food for other animals). Workers then ready the house for another batch of 200,000 hens to lay nutrient-packed eggs to feed Americans, at a low price.

The average American eats about 260 eggs a year—whole and as ingredients in foods like mayonnaise and ice cream. And U.S. companies produce about 83 billion whole eggs annually, with so-called "battery cage" farms like this producing about 90 percent of them. But, perhaps, not for long.

There's a revolution happening in the egg industry. Consumers want eggs from hens that don't live in inhumane-seeming cages. A 2014 poll showed that 62 percent of Californians said they'd be more likely to eat at a restaurant that served only cage-free eggs. And a 2014 Farm Animal Welfare Survey from the American Humane Association found that 76 percent of Americans are willing to pay more for humanely raised meat, dairy and eggs. The industry listened. Starting in September 2015, a series of the biggest U.S. restaurant chains (like McDonald's) and retail stores (like Walmart) pledged to buy only eggs from cage-free hens in the coming years. Now, an estimated 38 million of the country's 300 million egg-laying hens are cage-free, almost doubled from two years ago. In a few years, you may not be able to find eggs from caged hens at all.

This tremendous shift will cost the American egg industry billions of dollars and countless hours and energy. But will it be worth it? What, exactly, is a cage-free hen, anyway? Are the chickens really any happier? Or is it just another way to charge a few extra dollars for what is currently one of the cheapest sources of high-quality protein on the planet?

Before World War II, family farmers raised small flocks of hens that pecked at bugs and seeds in the grass and spent their nights in small, backyard henhouses. Then a debilitating disease called coccidiosis, caused by a feces-dwelling parasite, started afflicting the birds. Farmers began lifting the hens off the ground and putting them in cages to protect them. With the cages, farmers realized they had better control of the hens' diet, manure, temperature and the resulting eggs. As the U.S. population boomed, larger and larger hen-housing systems were built. Today, conventional laying houses each hold some 200,000 caged hens or more.

Joy Mench, Ph.D., an animal scientist at the University of California, Davis, researches ways to improve the welfare of captive animals like hens. She explains that battery cages don't meet a hen's basic behavioral needs.

So what's really important? "A nest," she says. "They like that secluded area to lay their eggs. Perches are very important, particularly because they go up to roost at night." In addition, a scratch pad or area with dirt or seed because hens naturally spend a lot of time scratching and foraging, as well as working loose material into their feathers to clean themselves, called dust-bathing. "And, obviously for any animal, not specific to poultry, having freedom to move around is key."

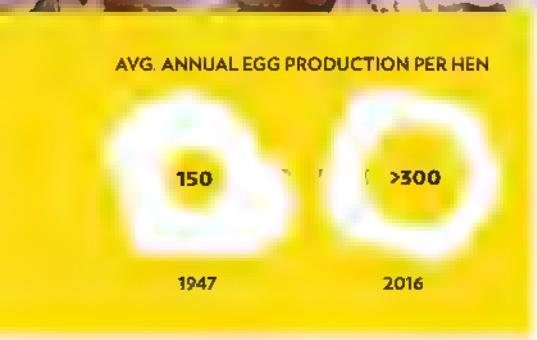
The magazine-sized space each chicken inhabits in a conventional cage does not allow for any of this. Though the cages offer other protections (more on that later), animal advocates believe the cages are cruel. Most states have laws that prevent cruelty to pets, yet few similar laws exist to protect farm animals. In 2007, that began to change.

An Egg Machine

Modern hens have been bred to produce more eggs. Today, a caged hen lays about 352 eggs in a typical 15-month laying cycle and a cage-free hen about 340.

California Leads the Way

Joe Ramsey, a lawyer, animal lover and a former board chair of the Humane Society of the United States (HSUS), submitted an initiative to the California attorney general's office called the California Prevention



of Farm Animal Cruelty Act. It was the perfect place for a first attempt at changing how eggs are produced in the United States. California produced 14 percent of the country's eggs at that time. It's also a state that allows citizen-initiated ballot initiatives.

Animal rights groups, family farmers, veterinarians and other public health folks supported the proposed act and, by February 2008, supporters had gathered 790,486 signatures (they only needed 433,971 to get the measure on the ballot). The measure, Proposition 2, or the Standards for Confining Farm Animals, stated that animals couldn't be confined in a way that prevented them from "lying down, standing up, and fully extending his or her limbs" or "turning around freely." Californians for Humane Farms ran the "YES! on Prop 2" campaign, supported in part by $4 million from the Humane Society

On Election Day that November, Prop 2 passed with 63.5 percent of the vote and the law went into effect in 2015. HSUS went on to spearhead similar initiatives in Michigan (to ban battery-cage confinement) and Ohio (banning the building of any new egg barns with cages) both of which passed.

The momentum to eliminate caged hens has been mounting ever since. Videos of terrible treatment of hens keep surfacing, and Massachusetts recently voted to ban cages for all hens. But the biggest turning point came on September 9, 2015, when McDonald's made a groundbreaking statement: "To meet consumers' changing expectations and preferences, McDonald's today announced that it will fully transition to cage-free eggs for its nearly 16,000 restaurants in the U.S. and Canada over the next 10 years." Just about every other restaurant and grocery chain in the country followed suit, declaring they would only buy eggs from cage-free hens some sooner than others. In April 2016, Walmart, the nation's largest retailer, joined the charge, pledging support for cage-free hen management a system most regular people know nothing about.

A Day Uncaged

At 10 a.m., in a different henhouse almost as big as the first one but without small

battery cages, another hen lays her daily egg in a nest box. It rolls down a slope, like in the caged house, and onto a conveyor belt. She hops out of the box when she's done, pecks at a nipple drinker and then rests on one of seven galvanized steel perches. She shares these perches in her "colony unit" a 8-by-6-by-8-foot vertical aviary-style enclosure with 141 other hens; there are six long rows of aviaries totaling 351 units in the henhouse, holding almost 50,000 chickens.

The aviary gates swing open at 11 a.m. (when the farmers figure most eggs have been laid) and the hen hops down to the litter floor with the 851 other chickens from the five other colony units in her pen. She technically has 81 square inches of litter floor to herself (which, added to her aviary space, is double the room a battery-caged hen has), but many of the hens are still up in the aviaries, and so she has more space to peck around and dust-bathe. Soon, a bossy type-A hen approaches her. She pecks her hard, until the first hen hops back up on a perch. Some of the other hens lay their eggs in the litter; occasionally, a human worker comes by and gathers them up.

These vertical aviary cages are one common type of cage-free system. The USDA defines "cage-free" as simply a facility that provides hens "the freedom to roam within the area during the laying cycle," in addition to unlimited food and water. But there are no space requirements for the hens, no mention of perches in the actual USDA definition and no guidelines for nesting boxes, unless an outside group like the American Humane Association or Humane Farm Animal Care has certified that the facility meets their higher standards (*see Not-So-Easy Eggs, right*). Most cage-free hens never go outside.

When hens are free to move in cage-free settings, pecking order—a real and normal instinct for chickens—expresses itself more fully. Alpha hens peck hens lower on the totem pole when they are all together in one big flock, and some even kill each other. When hens are crowded together in small cages, the natural pecking order tends to be much less severe that's one major unexpected benefit to cages. In a cage, there are fewer animals to gang up on lower-ranking birds, and the alpha hen doesn't have to continually assert herself.

But, when the cage-free movement began, little systematic research had been conducted to determine what would happen with pecking order or whether cage-free systems could even work on a large scale. To address the void, McDonald's led the charge to study cage-free systems. In

Not-So-Easy Eggs

Cage-Free: Per the USDA, these eggs come from hens that are housed in a "building, room or enclosed area that allows for unlimited access to food, water and provides freedom to roam within the area during the laying cycle." There are no requirements for the minimum amount of space per hen or any outdoor access, or for comforts like perches or nest boxes.

Free-Range: The USDA defines free-range eggs as eggs that come from hens housed in a building, room or area that allows for unlimited access to food, water and the outdoors during their laying cycle. The outdoor area may be fenced or covered with netting-like material. As with cage-free, there are no minimum space requirements or "furnishings," nor description of how hens can exit the building.

Organic: Hens are uncaged, free to roam in their houses and have access to the outdoors. They eat an organic diet. But there are no animal welfare standards beyond that. And 80 percent of organic eggs are currently produced in industrial-style farms where hens have little access to the outside, sometimes only a small covered "porch," says a Cornucopia Institute report. The USDA has a proposed rule pending with more guidance on living conditions and animal treatment.

No Hormones: Farmers are not allowed to give hormones to hens, so this label can only be used if it is followed by a statement like "Federal regulations prohibit the use of hormones," which can be in tiny print or indicated by an asterisk somewhere else on the package.

No Antibiotics: Producers must provide the USDA with documentation proving the hens are raised without antibiotics. Most well-managed facilities don't use antibiotics, say poultry experts, because the drugs would get into the eggs, which is prohibited. It's common, however, to vaccinate hens against contagious diseases.

United Egg Producers Certified: UEP is the egg companies' trade group and stipulates how birds are handled, transported, euthanized, etc. It certifies over 80 percent of caged birds, so this seal pretty much means the chickens are treated as they have always been treated. For example, hens can be raised in as little as 67 square inches of space each (that's a little larger than an 8-inch square).

American Humane Certified: The American Humane Association certifies egg producers with its own standards for caged, cage-free and enriched colony housing (a type of cage that contains perches, scratch pads and nest boxes). They're better than UEP standards, but not as rigorous as those of other animal welfare groups.

Certified Humane: Humane Farm Animal Care requires no cages (ever). Hens must be able to dust-bathe, perch and have secluded nest boxes, among other requirements. Each hen has at minimum 1 square foot of space.

Animal Welfare Approved: These are the most rigorous standards. All birds are cage-free and get at least 4 square feet each and have continuous outdoor access. The maximum flock size is 500 birds and only family farms (the family owns the birds, works the farm, makes all or part of their livelihood from the hens) can participate.

Pasture-Raised: There are no specific guidelines, no third-party audits for "pasture-raised," nor is it USDA-regulated.

Natural: Nothing is added to eggs, so all eggs are "natural," says the USDA.

Vegetarian-Fed: Some third parties have stipulations around vegetarian feed, but the term isn't USDA-regulated. Plus, chickens are omnivores, so eating bugs, worms or even small animals is natural (and key for certain nutrients).

"Consumers' minds should be blown that you can buy a dozen eggs for 99¢, but somehow they're not. You pay $5 for a latte, but people are just not sure about that organic dozen eggs for $5."

—Jesse LaFlamme
CEO of Pete & Gerry's

2011, McDonald's helped form a broad group of stakeholders called the Coalition for a Sustainable Egg Supply (CSES), which included egg producers, poultry scientists, food manufacturers and others. At a single facility in the Midwest, CSES raised and studied flocks of chickens grown in either conventional cages, a cage-free system or so-called enriched cages (cages containing perches, nest boxes and scratch pads for the chickens).

Results, they reported, were mixed. The cage-free system was better for the hens' bone health (their legs were stronger); they could perform many more natural behaviors, such as foraging, dust-bathing, flying and nesting, and they still had a lot of their feathers.

But it seemed cage-free was worse than battery cages for indoor air quality (there was more ammonia and dust) and worker respiratory health, and was more costly—36 percent higher. Much of this is from higher payroll due to increased worker tasks like gathering eggs from the floor and from other non-nest-box places the hens sometimes lay them. Also, pullets raised in aviaries (to accustom them to the system) cost more.

The cage-free hens also had more than twice the mortality of conventional hens. In the study, 11.5 percent died compared to 4.7 percent for conventional systems. This mirrors the findings of other studies that found that cage-free and free-range hens often suffer higher mortality rates, says Joy Mench, the UC Davis animal scientist.

Turns out, hens are pretty mean when they have room to be.

"The cage-free system gives you a larger repertoire of behaviors," says Ken Anderson, Ph.D., a poultry scientist at North Carolina State University who conducted some of the CSES research. "When you take into account the reality that chickens have a social structure that includes very low-ranking, mid-ranking and high-ranking individuals,

Are Free-Range Eggs a Nutrition Step Up?

Studies show that eggs from hens raised on pasture have twice the vitamin E and heart-healthy omega-3 fats, such as EPA and DHA, as well as more beta carotene. One study showed they also have more vitamin D because the hens are exposed to the sun. But the differences are small, and nutritionists aren't sure they'll have much of an effect on health. And, as poultry scientist Ken Anderson points out: "Since the feed you give a hen determines the nutrients in the resulting egg, if caged hens are fed the same feed as cage-free or free-range hens, their eggs will be the same."

the welfare of the overall flock is not enhanced. The low-ranking individuals usually wind up being shorted on nutrients, shorted on space and are the brunt of the aggressive acts within the flock."

The Free-est Hens

On a warm Vermont day, the sun pushes through clouds to highlight a few vibrant red maples on a hillside, a little way up from a flock of Bovans Brown hens poking around in a grassy field. A chorus of coos floats up. "We call it singing," says Jesse LaFlamme, CEO of Pete & Gerry's Organic Eggs, the largest producer of cage-free and free-range eggs in the U.S. "It's their bird song."

Each chicken in the pen does her own thing: one scratches a hole in the dirt, preparing to dust-bathe. Another out in the field pokes at clover and dandelions, searching for bugs and seeds. A hen right next to the fence stares confidently at visitors, then suddenly turns her head and pecks a wimpier hen that ventures too close. Another hen attempts escape, flapping her wings and rising a few feet. The fence is just too high, so she returns to the grass and resumes her search for seeds.

The inside of the henhouse is different, but not in a jarring way: the chicken noise is squawkier, louder. The air has a slight dustiness to it and smells of manure, but it's not overpowering, and there's no ammonia scent at all. Many more hens spend their time here, inside. There are 19,000 hens total at this free-range facility. If this were a cage facility there would be upwards of 250,000 in the same space, minus the outside yard. Along the length of the 500-foot-long barn is a scratch area, and down the middle is a long row of curtained nest boxes, with plenty of perch space, feeders and waterers. In the winter, the hens spend most of their time in here.

But not all hens producing organic eggs are raised this way. The USDA requires organic eggs to come from hens that are uncaged, with access to the outdoors, eating an organic diet and never given antibiotics or exposed to synthetic chemicals. But the hens don't necessarily run in a pasture hunting for bugs and seeds. A 2015 Cornucopia Institute report on organic egg farms estimated that 80 percent of organic eggs come from facilities where the hens' only outdoor access areas are small, covered porches that fit just a few chickens at a time.

LaFlamme picks up a hen that has ambled over and strokes her back. "It's pretty simple," he says. "These hens have some basic natural behaviors. Their whole life is to exercise these behaviors. That's all they have." The strong instinct to scratch, to lay an egg in a nest where they feel protected and secluded, to roost, especially at night when they're completely putting their guard down, this is what they do. "We accommodate those behaviors," says LaFlamme. "Anything less is cruelty, in my opinion."

LaFlamme is a big proponent of free-range hens like these, the next step up from cage-free. Yet this is not a hippie, mobile-cage, all-pasture operation that serves a small number of local customers. Pete & Gerry's is a large, growing business that prioritizes animal well-being: its eggs are all Certified Humane—meeting some tough standards. Pete & Gerry's partners with 120 family farms all over the country; this means, usually, a farm with one or two large henhouses—enough to support a family of four. LaFlamme's own family farm in Monroe, N.H., across the river from this Vermont farm, is one of the original Pete and Gerry's farms, and his family still lives there. Driving along in his older, blue Volkswagen Jetta with two booster seats in the back and the license plate "Cluck-1," he passes his grandfather's old red barns and his mother mowing his lawn.

The CSES and other studies' findings that mortality is higher when chickens are let out of cages flummoxes LaFlamme. "The idea that cage-free might be less humane than cages because of 'high mortality' is often brought up by the larger industry and opinion articles. Given our experience and data, I think the argument is baseless," he says. He has two years of data from 127 free-range and organic flocks (almost 2 million hens at 90 family farms) that produce Pete & Gerry's eggs, far more chickens than in the CSES reports. Hen mortality: 4.28 percent, which is less than that of conventional cages in the CSES study.

"Hens have a very hierarchical social

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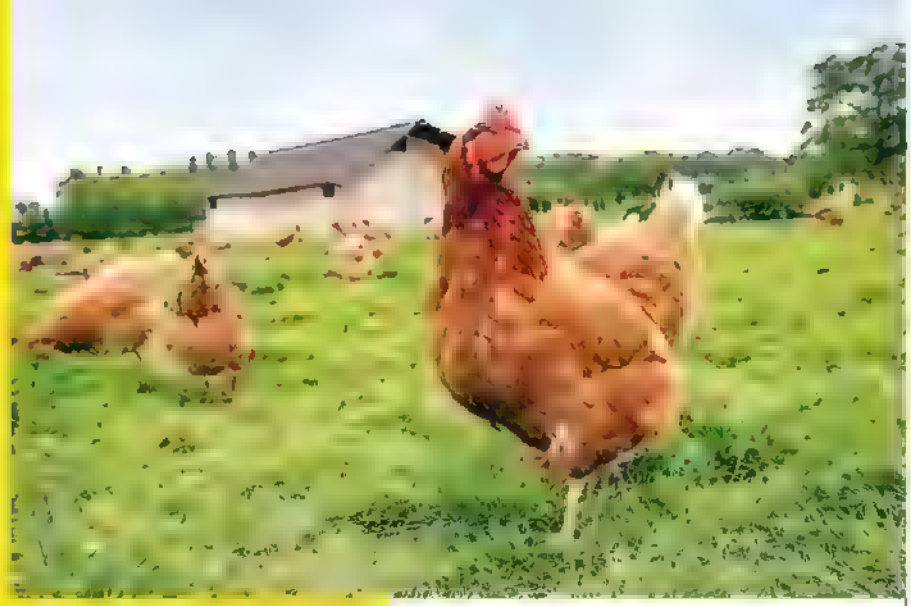

ON THE RANGE
Converting all of America's egg farms to free-range would take 1,437 million more acres.

structure; there are absolutely type-A personalities, many of whom can be aggressive and downright mean. But is the solution really to put hens in small wire cages?" LaFlamme asks. "How about creating a cage-free environment that mitigates the frustration of a naturally aggressive hen, distracts her and occupies her time with natural behaviors instead of aggression toward her flock-mates?"

Josh Balk, vice president of farm-animal protection at HSUS, points out that the farmers in the CSES study had never raised hens in a cage-free system before. "It's kind of like me comparing the safety of a motorcycle to a car, but I've never driven a car before," he says. "I get in the car and start bumping curbs and not knowing how to park, and I say, hey, cars are more dangerous than motorcycles. Those producers never did cage-free before and that is a basic flaw of that study, and that's why the very backers of the study still decided to go cage-free." In fact, after the studies were published with mixed findings, McDonald's decided to stick with going cage-free.

Is Cage-Free Enough?

Whether it makes sense to push the needle even further, to free-range, is controversial. Poultry scientist Ken Anderson argues that free-range, like Pete and Gerry's eggs, is unattainable for large-scale production. "We're trying to produce food for soon-to-be 9 billion people. You can't do it with [free-]range production, we don't have enough space," he says. "We have a moral obligation to care for our animals in a humane manner, but we still have to produce food and feed people."

A study by Promar International, an agricultural consultancy company (commissioned by the United Egg Producers), estimated that if all the hens in the country were free-range, farmers would need 1,037,000 more acres (that's 1,620 square miles) just to grow the 5.5 billion additional pounds of feed that active hens would require. And at a density of 1,000 hens per acre, they'd need 400,000 more acres (625 square miles) for the hens to live. The U.S. *has* this kind of space, but no one knows whether converting all that land is possible, environmentally healthy or prohibitively expensive, especially since an estimated 1 million acres are lost annually to industry, urbanization and roads.

One answer at the consumer level is to cut back on the number of eggs we eat, says Balk. "We advocate three approaches to our food choices: reduce consumption of meat and other animal-based foods; refine the diet by avoiding products from the worst production systems, such as switching to cage-free eggs; and replace animal-based foods with plant-based foods." About 70 percent of eggs produced in the U.S. are sold whole in shells. Thirty percent are further processed into liquid, frozen or dried "egg products." These are used in processed foods, such as mayonnaise, ice cream, cakes and cookies or in restaurants or food-service food. Consumers concerned about animal welfare can impact that sizable 30 percent chunk of the egg industry by skipping processed foods made with eggs.

On the national level, there's precedent to make the incremental step to cage-free. The European Union banned conventional battery cages in 2012, and several U.S. states now have their own laws. Producers have to switch their cages every 10 to 15 years anyway; why not replace them with cage-free systems, say proponents. It would still be a major overhaul and the transition would cost a lot of money. Often, they can use the same barns, but with fewer hens per barn some barns would have to be built to make up the difference, and operating costs would be a little higher, as the CSES study showed.

Opponents say the cost increase of going cage-free will make life tough for low-income families who rely on inexpensive eggs as a healthy protein source. One study (funded by the National Pork Council) found that egg prices in California increased 49¢ per dozen after the law went into effect. That's an increase of $14 per person per year, or $70 per family.

Still, "Consumers' minds should be blown that you can buy a dozen eggs for 99¢, but somehow they're not," LaFlamme laughs. "You pay $5 for a latte, but people are just not sure about that organic dozen eggs for $5."

But consumer demand is going in that direction anyway and, with it, the entire egg industry.

Balk sums it up. "When you have the Humane Society of the United States, McDonald's, Walmart and three of the top four egg producers all saying the same exact thing, you know that you've found common ground and are moving the industry in a better direction."

At 7:45 p.m., the overhead lights start to gradually dim in the cage-free aviary facility, mimicking dusk. Our hen notices it, hops back into her colony enclosure and finds an elevated roost. There she perches, safe from predators. She has never gone outside, but still, after a day of laying an egg in a nest box and avoiding harsh pecks from a few type-A hens, she's tired. The lights go out completely 15 minutes later, the squawks of the other 49,841 hens quiet down, and the house rests.

RACHAEL MOELLER GORMAN'S *articles for* EatingWell *have won four James Beard Awards and been nominated for two more. She lives in Massachusetts.*

THE PICTURE PANTRY/GETTY IMAGES

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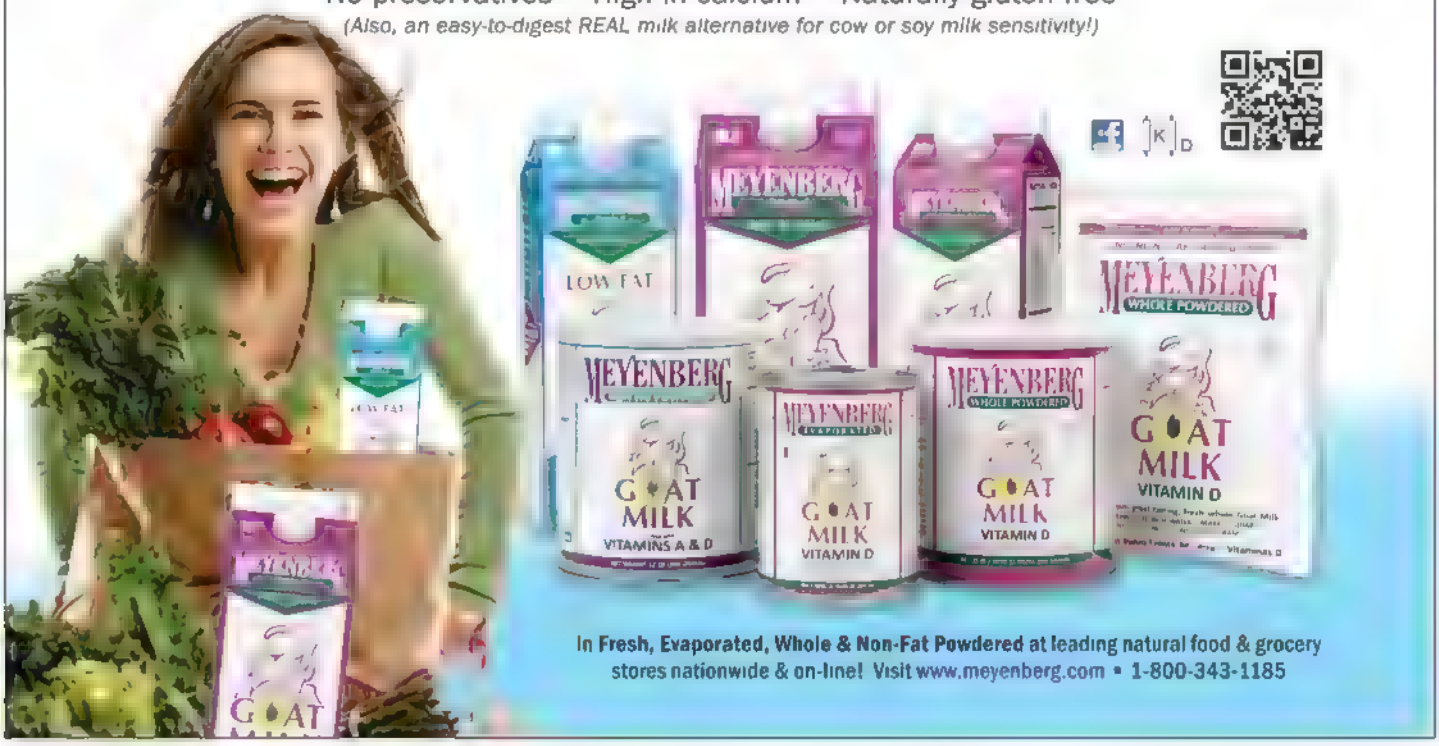

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nuggets

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DYLAN GRIFFIN

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Better Crunch

SNACK ON THIS Crispy, crunchy and a little salty, Go Raw Sprouted Flax Snax—made of sunflower, sesame and flaxseed—are a potato-chip-lover's more nutritious dream snack food. Because they're sprouted, the seeds may have more antioxidant power. Beyond that, you get 5 g of feel-full fiber and 5 g of protein, plus a little calcium and iron. The plain Super Simple variety satisfies, yet we couldn't help but love the kicked-up flavors of Spicy Fiesta and Zesty Pizza. —*B.L.*

LABEL WATCH

Sodium Phosphate

FOUND IN: Boxed mac & cheese, processed American cheese, bacon, deli meat

WHAT YOU NEED TO KNOW: Sodium phosphate is used as an emulsifier to make processed cheese smooth. It helps deli meats retain moisture. It's also a source of phosphorus—a key nutrient for building bones, filtering waste from the kidneys and preventing muscle soreness. The FDA says sodium phosphate is not harmful, but emerging research suggests that too much phosphorus in general may harm bone and heart health. That said, the health impact greatly depends on the calcium/phosphorus ratio in your diet. Since you're also getting a dose of calcium from dairy products, getting phosphorus from dairy is less worrisome than getting it from processed meats.

BOTTOM LINE: Most Americans get more than the recommended daily allowance of phosphorus (but not harmful levels). About half of dietary phosphorus comes from phosphate additives in processed foods. Dairy, breads and baked goods are other top contributors. Note that phosphorus from additives may be more readily absorbed by the body. However, people with kidney disease need to monitor their phosphorus more closely, so they should limit or avoid this ingredient. —*J.W.*

SHOP SMART

Be a Mac & Cheese Whiz

BY JULIA WESTBROOK

Though it may surprise you, boxed macaroni & cheese can be a fairly healthy choice—most options on the market have reasonable calories and some calcium and protein. Mix in some peas or broccoli and you have an easy meal in a pinch.

The big pitfall is sodium—many have over 550 mg (some even as high as 1,000 mg) per serving, and that's before you mix in milk and butter. Use unsalted butter to keep the sodium in check.

We also found that brands with the best flavor called out specific cheese names, such as Cheddar, Monterey Jack or Parmesan. Strict definitions from the FDA exist for these cheeses, so there's no ambiguity about what you're getting. However, the FDA doesn't police them all. Generally, we found if you see "cheese" or "cheese sauce mix," the product likely is higher in sodium and the taste isn't as good.

Numbers to Look For

Unprepared, per serving*

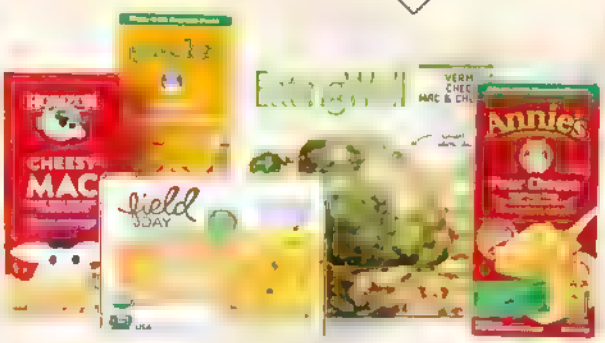
Calories:	≤ 310
Sodium:	≤ 540
Fiber:	≥ 2 g

*No, you're never going to eat unprepared mac and cheese. But prepared values can be hard to find and/or decipher on the Nutrition Facts label.

Our Picks

- Horizon Cheesy Mac White Cheddar
- Annie's Shells & Real Aged Cheddar
- Field Day Organic Deluxe Mild Cheddar Shells & Cheese
- EatingWell Vermont Cheddar Mac & Cheese (frozen)
- Annie's Four Cheese

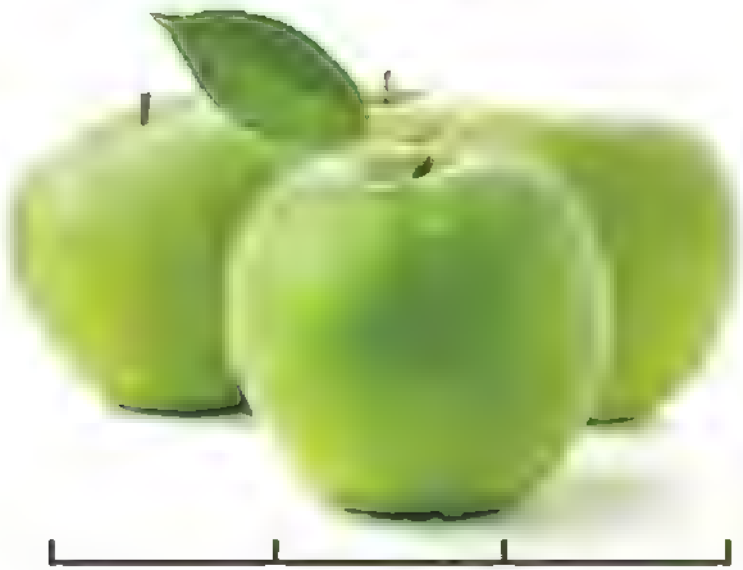
Frozen options are often an entire meal, so can be higher in calories and sodium. But some are super-salty—we found one with 1,550 mg! At 620 mg, our pick is a wise choice for sodium-watchers—plus it's made with whole grains and has a full serving of broccoli (yes, it's ours).



"Deluxe" mac & cheeses come with a packet of thick cheese sauce instead of cheese powder and they're typically higher in sodium than regular varieties. This one is under our sodium limit, creamy and delicious!

DYLAN GRIFFIN, STYLING; BRIANA LAI FOOD; JOANNE PALMISANO (TRUPS)

GEICO.



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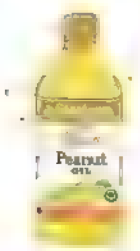
How to Suprême

Use this technique to get pretty, pith-free citrus sections every time.

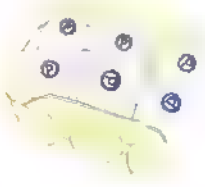
❶ Cut a thin slice off the top and bottom of the fruit with a large sharp knife. ❷ Place on a cutting board. Remove the peel and white pith below, following the curve of the fruit as you go. ❸ Working over a bowl, switch to a small sharp knife and cut each segment from the surrounding membranes. Squeeze any extra juice from the membranes, if desired.

More How-To Tips at eatingwell.com/webextra

TIPS & NOTES



All **unrefined peanut oil** *(p.30)*—including roasted peanut oil—is extracted without using heat, so it has great flavor. It also delivers more heart-disease-preventing and cancer-fighting phytosterols than refined versions.



To eliminate the risk of foodborne illness when consuming barely cooked or raw eggs, try **pasteurized-in-the-shell eggs** *(p.52)*—stamped with a blue "P." They're exposed to just enough heat to make them safe to eat raw.

Ancho chiles—dried poblano peppers—are one of the most popular dried chiles used in Mexico; **ancho chile powder** *(p.64)* has a mild, sweet spicy flavor. Look for it with specialty spices in large supermarkets or Mexican grocers.

For the best texture, pick firm, small to medium **parsnips** *(p.34)*; trim and peel before cooking. Large parsnips have a fibrous, woody core. Trim, peel and quarter them lengthwise, then cut out the core before cooking.

"Do I need to clean my dishwasher?"

—B. Preston, Chester, NH

Even though your dishwasher's job is to clean, it too needs a once-over periodically. Over time, food residues gunk up the drain and spray arms. The clogs reduce the amount of water circulating during the wash and rinse cycles and dishes can end up with a film of baked-on food and soap. Plus, if you have unfiltered well water, mineral deposits build up and further reduce water flow. Here's how to keep your dishwasher—and dishes—sparkling.

Clean the drain: Locate the drain on the bottom of the basin (sometimes it's hiding below the spray arm). Use a paper towel or rubber gloves and remove any food—it can be pretty funky! If there's a removable screen around the drain, take that out too and rinse it off.

Wash away buildup: Run a hot-water cycle in an empty dishwasher with either 1 cup distilled vinegar in an open container on the top rack, ½ cup citric acid crystals in the detergent reservoir (look for it with canning supplies) *or* 1 cycle's worth of a dishwasher cleaner (look for one near detergents). They all work to dissolve food and mineral buildup in the spray arms and drain. You might need to repeat several times if the dishwasher's never been cleaned.

Wipe the rubber seal: The rubber gasket around the door can also get pretty gunked up and may have mold or mildew. Wipe it clean with a hot, soapy cloth. (Skip bleach, especially if you have a stainless interior—it's too corrosive.)

If you run a load every day, aim to clean your dishwasher monthly. And check the manual for more specific maintenance tips. (Ahem, I'm sure you still have it around.) —*Stacy Fraser*

HAVE A QUESTION? askus@eatingwell.com

DYLAN GRIFFIN, STYLING; BRIANA LATIFOLOGY; JOANNE PALMY, SAND (PROPS); ILLUSTRATIONS, EMMA DIBBEN

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recipe index

NUTRITION ANALYSIS

		45 MIN OR LESS	CALORIES	CARBS (g)	ADDED SUGARS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	POTASSIUM (mg)	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B_{12} (%)	VITAMIN C (%)
APPETIZERS, SNACKS & DESSERT																				
48	Celery & Blue Cheese Dip with Tomato Juice	■	119	12	0	8	3	321	851	■		■		■					39	94
22	Chili-Cheese Nachos	■	384	25	0	21	4	425	447	■		■			27			29	25	33
74	Grapefruit & Red Snapper Ceviche		149	10	0	12	3	167	488	■	■	■						22	25	77
48	Honey-Peanut Popcorn	■	231	27	6	7	5	61	174	■				■						
52	Raspberry-Chocolate Mousse		115	14	8	4	1	73	39	■		■								
24	Soy-Lime Baked Buffalo Wings		145	1	0	13	0	272	152	■		■								
BREAKFAST																				
50	Muffin-Tin Quiches with Smoked Cheddar & Potato		238	11	0	14	1	494	377	■		■		■						
74	Texas Red Grapefruit Marmalade		65	17	16	0	0	1	18	■	■	■	■	■						
LUNCH																				
64	Black Bean Tacos	■	344	53	0	15	13	511	863	■	■	■		■	222	32	21	62		37
67	Curried Cauliflower Salad	■	354	63	0	18	13	621	994			■		■		48	23			163
48	Green Curry Vegetable Soup	■	273	45	0	16	6	465	751		■	■			83		20	153		
63	Pesto-Turkey Sandwich	■	352	28	2	30	5	751	403			■						45		26
65	Salmon & Spinach Sandwich with Wasabi Mayo	■	364	23	4	27	4	430	586		■	■							81	
SALADS & SIDE DISHES																				
34	Balsamic & Parmesan Broccoli	■	130	8	0	6	3	289	376	■		■		■				66		167
36	Cauliflower Rice Pilaf	■	114	7	0	3	3	227	361	■	■	■	■	■						91
34	Parsnip "Fries"	■	174	27	0	2	8	306	573	■		■	■	■		25				41
73	Red Grapefruit Salad with Avocado & Pistachios	■	272	23	1	4	7	71	577	■				■				32		77
36	Sesame-Honey Carrot Ribbon Salad	■	54	8	1	1	2	154	205		■	■		■				59		
SOUPS & CHILIS																				
80	Brazilian Black Bean Soup		296	50	7	13	13	716	776	■		■	■	■			24	109		68
81	Chicken, Mushroom & Rice Soup		379	29	0	40	3	738	605	■		■						62		
22	Cincinnati-Style Chili	■	385	27	0	31	7	403	770			■			20		29	47	44	66
22	Easy Vegetarian Chili	■	311	39	0	16	14	434	801	■		■		■	27		27	47		66
79	Four-Bean & Pumpkin Chili		276	49	0	14	17	509	1,072	■	■	■	■	■		20	32	226		39
82	Kielbasa & Cabbage Soup		222	31	0	12	5	509	847	■		■						114		59
80	Roasted Cauliflower & Potato Curry Soup		272	33	0	5	7	509	911	■		■	■	■			20	184		87
82	Thai Coconut Curry Soup		226	12	0	7	3	475	429			■	■	■			22	29		24
VEGETARIAN MAIN DISHES																				
67	Curried Cauliflower Steaks with Red Rice & Tzatziki		410	49	0	10	7	317	657	■	■	■		■				154		
26	Salsa-Black Bean Burgers	■	404	50	0	12	11	689	584			■		■						
63	Spaghetti Squash with Roasted Tomatoes, Beans & Almond Pesto	■	400	37	0	12	10	499	1,020	■	■	■		■	26	35	21	76		79
CHICKEN																				
64	Ancho Chicken Breast with Black Beans, Bell Peppers & Scallions	■	396	36	1	32	11	464	959	■	■	■				39	27	72		220
71	Chicken Fajitas with Red Grapefruit Salsa		285	28	0	29	4	438	621		■	■								73
48	Chicken with Bell Pepper & Hominy Stir-Fry	■	415	34	0	37	10	485	1,200	■	■	■				31		257		170
40	Lapsang Souchong Chicken with Bok Choy	■	325	4	0	38	2	509	1,220	■	■	■			23	25	22	192		97
32	Pistachio-Crusted Chicken with Warm Barley Salad	■	565	47	0	36	9	514	780		■	■						33		44
FISH & SEAFOOD																				
65	Orange-Sesame Salmon with Quinoa & Broccolini	■	409	39	0	32	4	378	976	■	■	■				28		27	80	134
44	Roasted Swordfish & Broccoli Rabe with Piccata Butter	■	318	6	0	24	0	421	425	■		■						155	23	179
30	Shrimp Pad Thai Salad	■	403	16	3	34	4	533	781	■	■	■				29		127		41
BEEF & PORK																				
42	Brussels Sprouts & Pepperoni Pizza	■	406	37	1	15	3	608	255											54
22	Chili-Topped Sweet Potatoes	■	418	35	0	31	9	451	1,300	■		■			23		30	485	44	103
28	Flank Steak Gyros with Quick Pickles	■	465	45	0	33	7	751	722			■					25		20	25
38	Slow-Cooker Braised Beef with Carrots & Turnips		318	13	0	35	3	538	698	■	■	■					20	136	40	29
72	Vietnamese Grapefruit & Pork Salad (Pork Goi Buoi)		355	36	7	31	6	719	1,228	■		■						164		170

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MAIREN CARUSO

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Hōkūao Pellegrino uses an *'ō'ō*, a traditional digging stick, to plant and harvest taro in a flooded field similar to a rice paddy. This sustainable method of wetland farming was perfected by ancient Hawaiians.

DANA EDMUNDS

Returning to Roots

How one native Hawaiian brought back his family's abandoned farm with an ancient tradition. By Carolyn Jung

WHO HE IS When Hōkūao Pellegrino returned to Maui after college, he started tinkering with growing taro. The starchy root vegetable may be familiar to us in the form of chips, but it has long been a staple in the Hawaiian diet. Much of Maui's farmland, including land owned by his family, had once been devoted to growing it. But by the time Pellegrino came home in 2001, taro farming on Maui was rare. As real estate development gobbled up land and thirsty sugarcane plantations diverted water, taro growers felt the pressure. Pellegrino knew his family's farm was at risk of being developed, so he created a plan to buy the land from his relatives and restore it.

WHAT HE DID Pellegrino and his father armed themselves with machetes and cut down the trees that had overgrown 2½-acre Noho'ana Farm, which has been in his family since 1848. Now on this oasis in the middle of suburbia, Pellegrino annually harvests as much as 4,000 pounds of 50 heirloom varieties of taro, making it one of the most diverse taro farms in the state. "People are used to purple poi," Pellegrino says of the taro dish that's a fixture at luaus. "But our taro varieties make red, blue and even green poi. We even have one variety that tastes like popcorn. Taro is sexy now."

WHY IT'S COOL Pellegrino embodies the idea of *E ola ka mahi'ai ku'una* ("Keeping culture alive in agriculture"). Upwards of 1,000 students of all ages visit the farm each year. They learn about taro's historical and cultural importance and how to pound it by hand to make poi, an ancient art that few people still practice. Chefs at some of the island's best restaurants are fans, including Isaac Bancaco of Ka'ana Kitchen, who turns the taro into fritters and focaccia. "It was my dream come true to reinvigorate this land," Pellegrino says. "Living in such a special place, we have a responsibility to do so."

EATINGWELL® (ISSN 1046-1639), January/February 2017, Volume XVI, No. 1 is published bimonthly in January/February, March/April, May/June, July/August, September/October and November/December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: $24.95 per year in the U.S.; $29.95 (U.S. dollars) in Canada; $34.95 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2); NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, P.O. Box 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to EATINGWELL, 2835 Kew Drive, Windsor, ON, N8T 3B7. ©Meredith Corporation 2017 All rights reserved. Printed in the U.S.A.

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- MADE WITH ROASTED CORN & RED PEPPERS FOR EXTRA FLAVOR

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Delicious meals made like you make them, using cooking techniques like grilling and roasting—just like you do at home.